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The most interesting and important thing in the world for you is to work out your own individual life. You must build it from the place where you stand and with the materials in your hands. Nobody else ever stood in your particular place or ever will stand in one identical; nobody ever has or can possess the same materials. You alone can fuse the elements. Hold your place, do not try to shift into the place that another occupies. Keep your eye on what you have to work with, not on what somebody else has. The ultimate result, the originality, flavour, distinction, usefulness of your life depends on the care, the reverence, and the intelligence with which you work up and out from where you are and with what you have.

COMPANY POT ROAST

3/4 lb. pot roast
1 can condensed onion soup
1 c. water
2 small sliced onions
1½ c. mushrooms, fresh or canned
½ can tomato paste
1 large green pepper sliced

Sear meat on both sides. Add the water and the onion soup carefully on top of meat trying to keep as much onion on top of meat as possible. Roast at 325°F for 40 min. per lb. The following day skim off all fat from meat juice. Slice meat and place in layers in shallow baking dish. Top with onion, green pepper, mushrooms and tomato paste, arranging in attractive design. Bake 40 min. at 325°F oven or until garnishes are cooked. Serve with gravy made from meat juice. About ½c. of meat juice may be added to meat dish when it is reheated - gives it a rich flavour. Serves 4-6.

Loa Reuber

SPANISH STEAK

1 slice round steak 1-2 lbs.
1 large green pepper sliced
2 med. onions sliced
1 can tomato soup
1 can water
salt and pepper

Cut steak into serving pieces, salt and pepper to taste. Place in well greased roasting pan. Arrange slices of green pepper and onion over steak. Cover with tomato soup and water. Cover roaster and bake at 350°F for 1½ hrs. or till steak is very tender.

Mary Smith

MEAT LOAF

1 lb. ground beef, round steak or shank
½ lb. ground pork
1 can mushroom soup
1 beaten egg
1 T. Worcestershire sauce

Cont'd...

Meat Loaf Cont'd...

1½ c. soft bread crumbs
¼ c. chopped onion
¼ c. chopped parsley
¼ tsp. pepper
½ tsp. salt

Mix above with half of the soup. Shape into a greased 9" x 6" loaf pan. Pour balance of soup over top. Bake at 350°F for 1 hr.

Olive Traviss

SWISS BARBECUED BLADE STEAKS

2 (1½ lb.) blade or chuck steaks
1 large onion, sliced (preferably Spanish)
3/4 tsp. salt
½ tsp. barbecue seasoning
1¼ c. tomato juice
½ lemon, sliced thin
2 T. brown sugar
¼ tsp. black pepper
1 T. parsley flakes
2 T. Worcestershire sauce
Flour

Sprinkle the blade steaks on both sides with flour. Transfer steaks to roasting pan large enough for one layer. Arrange lemon slices then onion slices over steaks. Sprinkle with sugar, then the salt, pepper, barbecue seasoning and parsley flakes. Carefully pour tomato juice and Worcestershire sauce evenly over all. Cover and bake at 325°F for 2 hrs. Serves 4 persons.

Margaret Sallows
Jessie Hillen

KARZETTI

1 lb. ground round steak
1 onion chopped
1 green pepper diced
½ tsp. salt
8 fl. oz. sour cream
4 oz. cooked noodles

Brown meat in frying pan. Add onion, green pepper and salt. Add 1 c. water and cook gently for 15 min. Remove water and add sour cream. Heat but do not boil. Serve over hot noodles.

Marion Turnbull

VERY SPECIAL MEAT BALLS

1½ lb. ground beef & sausage (mixed)
oil for browning
1 c. pineapple juice
1 c. orange juice
juice of 1 lemon
Brown sugar and salt to taste
½ c. chili sauce
1 - 10 oz. can pineapple tidbits
cherry juice (optional)

Meat Balls - Make into balls and brown in oil. Pour off fat, add to sauce and heat and serve.
Sauce - Bring the juices to a boil and add the sugar and salt to taste. Add chili sauce then thicken with cornstarch. Add tidbits and cherry juice if reddness is desired. Nice for a buffet styled meal with other dishes. Serves 6-8.

Ruth Townsend

SWEET AND SOUR MEAT BALLS

6 T. brown sugar
¼ tsp. ginger
½ tsp. garlic
salt
¼ tsp. dry mustard
½ tsp. onion powder
2 T. cornstarch
¼ c. vinegar
1 c. water
6 T. ketchup
2 T. soya sauce
10 oz. can pineapple tidbits and juice

Mix dry ingredients and add liquid. Brown 1 lb. ground beef which has been made into meat balls. Cook slowly in sauce 1 hr.

Jessie MacGregor

SAUCY PORK CHOPS

6 pork chops
1 - 8 oz. can tomato sauce
½ c. chopped green pepper
1 can sliced mushrooms
2 T. water
1 envelope onion gravy mix

Mix altogether and pour over chops. Bake at 350°F until tender.

Bess Hoggarth

SAUSAGE PEACHERINO COUNTRY STYLE

1 lb. pork sausage
1½ T. minced onion
2 c. soft bread crumbs
1 tsp. salt
1 tsp. poultry seasoning
Dash of pepper
1 egg, beaten
10 canned peach halves, drained
½ c. peach syrup
whole cloves

Slip sausage meat from casing and combine with onion, bread crumbs, egg and seasonings. Form into 10 balls. Bake in shallow pan in moderate oven (350°F) for 25 min. Remove from oven, drain off fat. Stud peach halves with 4-6 cloves and place in shallow pan. Top peaches with sausage balls. Add syrup and return to oven for 20 min. basting with syrup. Serves 5.

Charlotte McKercher

PORK CHOPS WITH HAWAIIAN RICE

4 loin or butt pork chops
1 c. uncooked rice
3/4 c. chopped green pepper
1 - 15oz. can tomato sauce
1 20oz. can pineapple tidbits
1 c. water
1 T. vinegar
1 tsp. salt

Brown chops on both sides. Pour off fat. Add other ingredients. Place in a large casserole with cover. Bake in 350°F oven for 2½ hrs. 4 large servings.

Verna Campbell

DEVILLED PORK CHOPS

Sauce

½ c. chili sauce
1 c. water
2 T. lemon juice
2 T. chopped onion
1 T. flour
2 T. water
4 pork chops

Cont'd...

Devilled Pork Chops Cont'd...

Brown chops in frying pan. Combine 4 ingredients for sauce and bring to boil. Thicken with blended flour and water. Place in a casserole with a lid. Bake at 325°F until tender or about 2 hrs. depending on thickness. Serves 4.

Vera Oliver

OVEN BARBECUED ROAST PORK

1 6-lb. loin of pork
1 med. onion chopped
1/3 c. celery
1 clove garlic
2 T. brown sugar
2 tsp. prepared mustard
1 can tomato soup, 10½ oz.
2 T. Worcestershire sauce
2 T. vinegar
Dash of Tabasco

Heat oven to 325°F. Place loin of pork and roast uncovered 2 hrs. Combine all remaining ingredients and simmer 5 min. Pour fat from roasting pan, spoon half sauce over pork, roast for 30 min. Spoon remaining sauce over pork and roast 30 min. longer. Remove to heated platter, spoon sauce over meat and serve as desired. Serves 4-6.

Sarah Elliott

CANTONESE PORK

1 lb. lean pork
2 T. sugar
2 T. soya sauce
1 beaten egg
½ c. cornstarch
oil for deep frying

Cut pork in 1" cubes. Toss with sugar and soya sauce, let stand 10 min. Dip in beaten egg and roll in cornstarch (reserve 2 T. for sauce). Let stand until cornstarch is absorbed. Deep-fry pork at 360°F until browned, about 10 min.

Cont'd...

Cantonese Pork Cont'd...

Sauce

1 can pineapple chunks 19 oz.
½ c. sweet pickles chopped
1 large green pepper cut in ½" squares
1 Oxo chicken cube
½ c. corn syrup
2 T. Ketchup
2 T. soya sauce
½ tsp. ginger
¼ c. cider vinegar

Drain pineapple, place juice in 2 c. measure. Add water to make 1½ c. Heat to boiling point and add chicken cube, stir until it dissolves. Add syrup, ketchup, soya sauce, ginger and the reserved cornstarch combined with vinegar. Stir before adding pineapple, pickles and green pepper. Bring to a boil, stirring constantly. Cook about 5 min. Add fried pork and cook 10 min. more. Serves 4.

Grace Campbell

BARBECUED SPARERIBS

3-4 lbs. ribs cut in pieces
1 lemon (juice will do)
1 large onion
¼ c. Worcestershire sauce
1 c. ketchup
1 tsp. salt
1 tsp. chili powder
2 c. water
2 dashes Tabasco

Place ribs in shallow pan, on each piece place a slice of unpeeled lemon and a thin slice of onion. Roast in a very hot oven 450°F for 30 min. Combine remaining ingredients and bring to a boil. Pour over ribs and continue to bake in oven at 350°F until tender, about 1 hr. Baste ribs with sauce every 15 min. If sauce gets too thick add more water. A sauce made with ½ c. Barbecue Sauce and 2 c. water may be used.

Kathleen Cuthill
Margaret Snell

BEEF KABOBS

1 c. soya sauce
½ c. brown sugar
½ tsp. ginger
1 lb. lean sirloin or top grade round steak cut into 1" cubes
½ lb. bacon slices-in halves
1 - 14 oz. can whole onions
1 can mushrooms or fresh
1 med. green pepper, cut into chunks and precooked a little
½ lb. cherry tomatoes or other tomatoes cut into wedges

Combine soya sauce, sugar and ginger. Pour over steak cubes in a deep bowl. Cover and refrigerate overnight. (Any type of steak marinade could be used e.g. vinegar, oil or sherry, etc.). On barbecue skewers, alternate cubes of meat, bacon (folded), onions, mushrooms and green pepper. Cook 5-6 inches from heat for 15-20 min. or until meat and bacon are cooked. Turn once or twice and baste. A variety of vegetables could be used but should be precooked a little first.

Audrey McLlwain

LAMB KABOBS

1 lb. boneless lamb
2 T. salad oil
2 T. vinegar
½ tsp. mustard
1 tsp. salt
3 med. tomatoes
2 med. onions
12 mushrooms
¼ tsp. garlic

Cut lamb in 1" cubes. Let stand 1 hr. in mustard, oil, vinegar and garlic. Cut tomatoes in quarters and onions in thick slices. Make kabobs by placing alternate layers on 6 skewers. Brush with oil. Broil 3" from heating unit.

Greta McKercher

OVEN FRIED CHICKEN

2-3 lbs. chicken pieces (cut up legs & breasts)
Batter; ¼ c. flour
2 tsp. dry mustard
1 tsp. paprika
½ tsp. pepper
1½ tsp. salt
Put batter in a bag

Cont'd...8

Oven Fried Chicken Cont'd...

Heat oven to 350°F. Shake batter mixture before putting in chicken pieces. Shake each piece in the bag of batter. Cover cookie sheet with foil. Place so pieces do not touch skin side down. Turn when half done or in 15 min. Turn oven up to 425°F for last 10 min. Total cooking time 30-35 min. Serves 5-6.

Gwen Scott

CHICKEN WINGS

3 lb. chicken wings (or more)
1 c. fine bread crumbs
¼ tsp. onion powder
1/8 tsp. garlic powder
½ tsp. savory
1 tsp. salt
1 c. mayonnaise
1 onion chopped (optional)

Prepare bread crumbs and spices in a bag. Shake wings in bag until coated. Place wings on a greased cookie sheet or roasting pan, do not cover. Bake at 400°F for 15 min. Then brush the mayonnaise over all. Reduce heat to 300°F for 1 hr. Chopped onion may be added over wings.

Grace Broadfoot

CURRIED LAMB

2 lbs. stewing lamb or left over roast
1 c. finely chopped onions
1 tsp. salt
¼ tsp. pepper
1 c. hot water
2 T. cornstarch
1 T. curry powder
¼ c. cold water
¼ tsp. thyme
¼ c. raisins
1¼ c. tart apples
1 T. chopped parsley

Cut meat in 1" cubes, and brown well. Add hot water, parsley, salt, pepper, onions, thyme and garlic. Cover and simmer 1 hr. Blend cornstarch and curry powder with cold water, add to hot liquid, stir well. Add raisins and apples. Cook 15 min. and serve with rice.

Greta McKercher

BAKED FILLET OF SOLE

1 (1 lb.) pkg. frozen fillet of sole
3 slices of cheese (do not omit)
2 T. butter
¼ tsp. Accent
2 slices fresh crustless bread
2 tsp. chopped green onion
1/16 tsp. dry mustard
¼ c. milk
2 tsp. butter

Partially thaw the fillet of sole. Thaw barely enough to cut them in 3 even squares crosswise, without the layers breaking apart. Carefully slice each of these in two for a "sandwich" between each put a slice of Cheddar or processed cheese. Cheese should be 1/8" thick, now you have 3 fish sandwiches with cheese filling. Melt the 2 T. butter, remove from heat. Add bread crust in ¼" cubes, chopped onion, salt, accent and mustard. Mix well until bread is butter-soaked. In a shallow baking dish, melt the 2 tsp. butter, remove from heat and add the milk and stir. Place fish stacks in baking dish, spoon mixture neatly on top of each, pressing it down. Bake at 375°F for ½ hr. For last 3 min. turn on broiler to brown crumbs. Serves 3.

Charlotte McKercher

SUPPER DISHES

MAKE A-HEAD SALAD

½ chopped red onion
3 celery stalks chopped
1 pkg. frozen peas, cooked & cooled
1 head broken lettuce
5 globs mayonnaise
¼ c. sugar
2 T. parmesan cheese
1 lb. crisp, crumbled bacon

Place in layers in bowl as listed, ending with bacon on top. Cover and let stand at least 3 hrs. May be prepared early in day for evening meal. Toss and serve. Serves 8-12. This is an excellent luncheon dish served with hot rolls.

Loa Reuber

MACARONI AND CHEESE

1 c. mararoni
1 c. cheese
dash pepper
1 c. bread crumbs
2 c. milk
2 T. butter
4 T. flour
1 tsp. salt

Cook macaroni in boiling water until soft. Drain. Make a cream sauce with the milk, butter, salt, pepper and flour. Add the cheese (cut fine). Mix and pour into buttered casserole. Mix bread crumbs in 2 T. melted butter and spread on top. Cook in oven 350°F until top is brown. Serves 4 or 5.

Isabel McCowan

MACARONI REPUBLIC

4 c. boiling water
1 T. salt
½ lb. macaroni
¼ c. butter
1 c. onion rings
2 T. green pepper finely chopped
3½ c. canned tomatoes
1 tsp. Worcestershire sauce
1 tsp. salt
¼ tsp. pepper
1½ c. grated cheese

Place macaroni in boiling water to which salt has been added. Cook 15-20 min. Rinse and drain macaroni. Melt butter in skillet, add onions and green pepper. Saute until tender. Add tomatoes and seasonings and allow to simmer 5 min. Pour over macaroni and mix thoroughly. Place mixture in buttered casserole dish in alternate layers with cheese. Bake in 375°F oven 45 min. Serves 6-8.

Doreen Johnston

ONION PIE

1 c. cracker crumbs (saltines)
¼ c. butter or margarine
2 c. thinly sliced onions
2 T. butter or margarine
3/4 c. milk
2 eggs, slightly beaten
3/4 tsp. salt
dash of pepper
¼ c. shredded sharp cheese

Cont'd... 11

Onion Pie Cont'd...

Mix crumbs and ¼c. melted butter and press in bottom and sides of 8" pie plate. Cook onions in butter, stirring to separate onion rings, till onions are tender but not brown. Place in shell. Combine milk, eggs, salt & pepper. Pour over onions, sprinkle with shredded cheese. Bake in moderate oven 350°F for 30 min. or until knife comes out clean. Garnish with additional onion rings and parsley. Six main servings or 10-12 appetizer servings.

Gladys Thompson

MOVIN' MAC SALAD

1 pkg. Kraft Macaroni and Cheese Dinner
2 c. shredded cabbage
½ c. chopped green pepper
¼ c. finely chopped onion
3 hard cooked eggs
1 c. Miracle Whip salad dressing
½ c. dairy sour cream
1 T. prepared mustard
½ tsp. salt

Prepare dinner as directed on package. Chop 2 of the eggs. Add remaining ingredients, mix lightly. Press into a 1½ qt. mixing bowl. Chill several hrs. or overnight. Unmold on serving plate. Garnish with tomato wedges, hard cooked egg slices and green pepper arranged in a flower pattern.

Edith Dunlop

MUSHROOM AND BACON QUICHE

½ lb. bacon
½ lb. mushrooms
3 T. butter
½ tsp. salt
black pepper freshly ground
2 T. chopped parsley
2 eggs
½ c. milk
½ c. heavy cream
2 T. melted butter
1 T. flour
pinch of salt
pinch cayenne pepper
pinch of nutmeg
favourite pie crust

Cont'd... 12

Mushroom and Bacon Quiche Cont'd...

Preheat oven to 375°F. Roll out and fit pastry into a 9" Quiche tin or 9" pie plate. Partially bake. Cook the bacon until crisp, drain and crumble. Wash mushrooms, dry and slice thinly. Heat the butter and cook mushrooms on moderate high heat until all liquid has evaporated. Season with salt, pepper and parsley. Add the bacon and spread mixture over the bottom of the pastry shell. Mix the next 8 ingredients with a wire whisk until blended and pour over the bacon and mushrooms. Bake at 375°F for 40 min. until custard is set, puffed and nicely browned. Serves 6.

Anne Wilbee

CHILI-CON CARNI

1 lb. ground beef
2 onions, cut fine
1 can Kidney beans
1 can tomato soup
1 tsp. chili powder
1 tsp. salt

Fry the beef and onions. Add the remaining ingredients and simmer for 30 min. Serves 6, double for larger amount.

Lorraine Dale

LASAGNA

1 lb. beef ground
1 - 20 oz. can tomato juice
1 tsp. oregano
1 tsp. basil
¼ lb. sliced fresh mushrooms (optional)
6 lasagna noodles
3/4 lb. Mozzarella cheese
1 tsp. salt
parmesan cheese

2½ hrs. before dinner, brown beef and remove grease. Add juice, oregano, basil, and mushrooms and simmer 1½ hrs. After one hr. cook noodles in large pot of salted boiling water until tender. Divide Mozzarella cheese in 3 equal parts and grate. In 9" x 14" baking

Cont'd...13

Lasagna Cont'd...

dish place ¼ of the sauce, 2 noodles side by side and of the Mozzarella cheese. Repeat in the same order 2 more times. Top generously with parmesan cheese. Bake uncovered at 350°F for 45 min. May be frozen and baked later. Serves 4-6.

June Ball

CHINESE HASH

1 lb. ground beef
2 onions
1 c. celery
1 c. uncooked rice long cooking
salt & pepper to taste
green peppers may be added
1 can cream of mushroom soup
1 can cream of chicken soup
1½ c. water
¼ c. soya sauce

Brown meat. Saute onions and celery. Mix rest of ingredients. Bake in covered dish 1 hr. at 350°F. Cover with Chinese noodles, reduce heat to 325°F . Cook ½ hr. longer. Serves 4.

Helen MacKenzie

CHICKEN CASSEROLE SUPREME

2 cans cream of mushroom soup
2 c. well packed cooked chicken breasts, diced
1 c. sliced mushrooms
¼ c. mushroom liquid
1 c. celery, chopped
½ c. onion, chopped
½ c. chopped, blanched almonds
¼ tsp. salt
1 can Chow Mein Noodles

Finely chop celery and onions. Mix all ingredients, keeping out ½ of the almonds and some noodles to put on top. Put in a large buttered casserole or 2 small ones. Sprinkle with the almonds and noodles. Bake at 350°F about one hour. Serves 8.

Ida Close

CHICKEN CASSEROLE

1 c. diced chicken
1 can cream of chicken soup
1 c. finely chopped celery
1 small onion diced
1 small c. cooked rice
½ tsp. salt
3/4 c. mayonnaise
1 tsp. lemon juice
½ c. almonds

Mix together and let stand 3 hrs. Put in a 2 qt. casserole and bake 1 hr. at 350°F. Sprinkle top with corn flakes.

Hattie Johnston

QUICK CASSEROLE

1 lb. ground beef
1 onion chopped
1 small pkg. macaroni or noodles
1 can tomatoes
1 can corn
sliced cheese
salt & pepper to taste

Brown beef and onion. Alternate layers of noodles, corn and meat mixture and tomatoes in a casserole, placing slices of cheese between each layer. Season. Bake at 250°F for 1 hr.

Joyce Hugill
Bonnie Fortune

TUNA DINNER IN A DISH

1 can mushroom soup
½ c. milk
1 tsp. lemon juice
1 - 7 oz. drained tuna
1 pkg. frozen mixed vegetables
6 biscuits, refrigerated

Cook and drain vegetables. Blend soup, milk, and juice. Add tuna and vegetables. Bake at 400°F for 10 min. Top with border of biscuits, cut in half and brushed with butter, sprinkle with cheese. Bake until biscuits are done. Serves 4.

Florence Stewart

DOROTHY'S DELICIOUS BAKED SPARERIBS

2 lbs. pork side spareribs
1 can condensed tomato soup 10 oz.
¼ c. chopped celery
½ c. onions
2 tsp. Worcestershire sauce
¼ tsp. soya sauce
2 T. vinegar
2 tsp. prepared mustard

Cut spareribs into pieces of two ribs each. Layer in a large baking dish with cover. Combine all sauce ingredients and carefully pour over top, easing some into crevices between ribs. Cover and bake at 350°F for 2 hrs. This can be assembled the day before and kept in fridge until time to bake. P.S. A lemon sliced very thin & spread over the top of ribs & sauce improves flavour.

Dorothy MacLennan

SALMON LOAF

1 can salmon (1 lb.)
2 c. cooked rice, hot
2 eggs, beaten
2 T. melted butter
juice of ½ lemon
salt & pepper

Bone and flake salmon. Mix all ingredients together. Bake in a covered dish set in hot water for one hour, oven temperature 325°F. Serve with tomato sauce.

Janet Baker

SALMON PATTIES

1 egg, beaten
1 can salmon
½ c. cooked potatoes
1 med. onion
salt
pepper

Flake salmon and mix all ingredients together well. Make into 4 to 6 patties, roll in cracker crumbs and fry at medium heat until brown. Turn and brown the other side.

Lulu Watson

VEGETABLE VITAMINS

Ten little vitamins
Exposed to air, cut fine ....
The vegetables wilted,
Then there were nine.
Nine little vitamins
But dinner was late;
The vegetables waited,
And then there were eight.
Eight little vitamins,
Could have been eleven,
But mother left the cover off,
So there were seven.
Seven little vitamins
In an awful fix;
Someone stirred them up a lot
And that left six.
Six little vitamins
Struggling to survive;
One drowned in too much water,
Then there were five.
Five little vitamins,
(There were ten before)
One was killed by soda,
Then there were four.
Four little vitamins,
Three B's and one small C,
The cooking water got thrown out,
And then there were three.
Three little vitamins
Got cooked through and through;
So much cooking killed one,
Leaving only two.
Two little vitamins
(It shouldn't be done!)
Got heated up the next day;
Then there was one.
One little vitamin,
Not having much fun
Sat around for several days,
And that left none.

SAVOURY TOMATOES

1 can (2½ c.)tomatoes
¼ green pepper (minced opt.)
2 T. chopped celery
1 T. chopped onion
3 T. cream
½ c. dry bread crumbs
2 T. flour
1 T. sugar
1 tsp. salt
2 T. melted butter (bacon fat is tastier if you have it)

Combine vegetables; add flour mixed with sugar and salt; place in greased baking dish. Pour butter (or fat) and cream over all. Top with crumbs. Bake in moderate oven 350°F for 45 min. Makes 5-6 servings.

Helen Wilbee

BAKED BEANS

2 c. dry white beans
6 c. water
1 T. molasses
2 T. brown sugar
1 c. chili sauce
pinch of salt
a few slices of bacon

Soak beans using this quick soak method. Put beans and water in saucepan. To reduce foaming, add 1 T. of oil. Bring to a full boil and boil rapidly for 2 min. Remove from heat and let stand for 1 hr. Return to boil and simmer gently for 30 min. Add the remaining ingredients. Bake at 300-325°F for 3 hrs.

Joan Stewart

BAKED BEANS

3 c. cooked beans (2 c. uncooked)
1 tsp. salt
½ c. brown sugar
½ c. chopped onion
½ tsp. dry mustard
dash pepper
2 cans tomato soup
1 c. bacon cut fine
½ c. Horne's barbecue sauce

Soak beans overnight. Cook until tender and drain. Add the above ingredients. Bake 300°F for 2 hrs.

Ruth Carter

EMERGENCY BAKED BEANS

1 can baked beans (any size)
1 onion chopped
2 T. molasses
1½ tsp. dry mustard
2 T. chili sauce or stewed tomatoes
2 stripes bacon

Drain most of juice from canned beans. Mix all together in medium casserole. Garnish top with bacon strips. Bake 40 min. 350°F oven.

Edith Dunlop

GREEN CABBAGE

1 lg. cabbage (coarsely shredded)
2 onions chopped fine
1 hot pepper
1 sweet pepper
½ c. sugar
2 T. salt
1 c. vinegar
1 c. salad oil
1 c. ketchup

Put all in roasting pan. Bake 2-2½ hrs. at 300°F. Eat cold or hot. Store in jars in frig.

Jean Wilbee

BEAN SALAD

1 - 14 oz. can gr. beans
1 - 14 oz. can yel. beans
1 can kidney beans (washed & drained)
1 gr. pepper (diced)
1 can chick peas or lima beans
2 or 3 small red onions (cut in rings)

Drain above well.

Dressing

3/4 c. white sugar
2/3 c. vinegar
1/3 c. salad oil
1 tsp. salt
½ tsp. salt
½ tsp. pepper

Dissolve on stove. Let cool. Pour over beans and marinate 12 hrs. Stir a few times while marinating. Will keep in refrigerator for two weeks. Celery may be added.

Lou Whitney
Melinda Beuerman

J E L L I E D
and
F A N C Y S A L A D S

MIRACLE SALAD

3 lemon powders
3 c. hot water
1 c. table cream
1 c. mircale whip
1 c. celery
½ c. minced onion
3 to 4 raw carrots (grated)

Dissolve 3 lemon jello powders into 3 c. hot water. Let partially set. Add 1 c. table cream. Beat rest of the ingredients. Beat into jello and cream mixture. Makes two large jellos.

Laura Stewart

SHRIMP SALAD

1 env. Knox's gelatin
¼ c. cold water
½ c. hot water
1 - 8 oz. pkg. Phil cream cheese
3 T. chili sauce or ketchup
1 T. lemon juice
1 c. chopped celery
2 cans shrimp

Sprinkle env. of gelatin in cold water to soften. Add hot water. Set aside. Cream cheese with salad dressing and lemon juice. Add chili sauce or ketchup. Beat with electric beater until creamy and smooth. Add gelatin and water mixture. Beat again. Add celery and shrimp. Pour in individual moulds or 1 mould. Serves 6-8.

Gladys Thompson

SALAD SUPREME

4 oz. Phil cream cheese
1 can tomato soup
¼ c. water
1 T. plain gelatin
2 T. lemon juice
½ c. celery chopped
2 T. green pepper chopped
2 T. onion chopped
1 (17 oz.) can flaked tuna

Cont'd...20

Salad Supreme Cont'd...

Heat cream cheese and tomato soup in double boiler until creamy. Let stand 5 min. In the meantime mix water, gelatin and lemon juice. Let stand 5 min. Combine the two above mixtures and add celery, peppers, onion and tuna. Pour into oiled jello mould and chill.

Evelyn Brown

COLE SLAW

(for 100 people)

9 cabbage, 2 lbs. ea.
6 peppers
5 large onions
carrots

Dressing

1 1/3 c. white sugar
1 1/3 c. salad oil
2 c. vinegar
4 tsp. salt

Bring to boil and pour hot over cabbage. Keep in cool place 8 hrs.

Joan Campbell
Jane Vincent

V-8 JELLO SALAD

1 Shirriff's Wild Cherry jello
1 c. celery (finely chopped)
2 c. V-8 juice
1 dessertspoon onion (grated)
salt & pepper to taste

Bring V-8 juice to boil. Add jello powder. When cool add celery and onion. Good with turkey or cold meat.

Merrill Kelley

Try adding grated lemon rind to your fruit salads for extra zing.

CUCUMBER SALAD

1 - 3 oz. lime jello
3/4 c. boiling water
1 T. vinegar
½ c. mayonnaise
1 large chopped cucumber
1 small grated onion
½ c. chopped celery
½ tsp. salt

Dissolve jello in water. Add vinegar and salt. When cool add cucumber, celery, onion, and mayonnaise. Pour into mould and chill. Serves 6-8.

Margaret Bennett, Gladys Wright
Joan Campbell

JELLIED COLE SLAW

2 env. gelatin softened in 1 c. water. Add 1½ c. boiling water.
1/3 c. sugar
1 tsp. salt or less
¼ c. vinegar
¼ c. lemon juice
3 or 4 drops yellow food colouring

Partially set.

½ c. shredded cabbage
3/4 c. celery
3/4 c. shredded carrot
3/4 c. green pepper
2 T. pimento

Fold into above and pour into mould or 8" square pan and chill.

Margaret Martin

JELLIED BEET SALAD

1 - 15½ oz. tin Harvard beets
1 lemon jello
1 c. boiling water
2-3 level tsp. horse radish

Dissolve jello in boiling water. Add beets and horse radish. Pour into mould. Let set.

Grace Scott
(Mrs. Jas. M. Scott)

ORANGE-PINEAPPLE SALAD

1 lb. cottage cheese
1 pkg. orange jello
1 tin drained pineapple
green grapes
mandarin oranges
cool whip (small)

Sprinkle dry orange jello over cottage cheese. Add all ingredients. Fold in cool whip. You can use different fruit. Let refrigerate for a day before serving.

Esther Brady

CRANBERRY JELLIED SALAD

1 - 6 oz. Raspberry jello
1 - 16 oz. can crushed pineapple (undrained)
1 can jellied cranberry sauce
1 3/4 c. boiling water
1 c. sour cream

Put raspberry jello, boiling water, crushed pineapple and cranberry sauce into bowl and stir until sauce is melted. Pour half into jello ring or 6 c. mould and chill until almost firm. Stir sour cream and spread over chilled half and carefully spoon rest of jello mixture on top of sour cream. Chill.

Janet McArthur

SHAMROCK SALAD

2 lime jellos
1 can crushed or pineapple tidbits
1 lemon jello
1 c. boiling water
1 - 4 oz. Phil. cream cheese
½ pint whipping cream

Dissolve lime jello in water as directed. Add juice from pineapple and water to make up rest of liquid required. Partly set. Divide into two serving bowls. Topping: Dissolve lemon jello in water. Add cream cheese and break up in hot jello. Partly set and whip. Add whipped cream and beat all together. Pour mixture over lime jellos in bowls. Pecans can be sprinkled over topping. Mandarin oranges can be used in place of pineapple or both.

Florence McGavin

WALDORF SALAD

3 red apples (do not peel, cut in pieces)
½ c. raisins (soaked in hot water)
½ c. small marshmallows
¼ c. pecan halves

Sprinkle lemon juice over apples. Add raisins, marshmallows and nuts. Coat lightly with Kraft Real mayonnaise. Add Cool Whip to taste.

Thelma Bode

FESTIVE FRUIT SALAD

1 pkg. lime or lemon jello
1 can fruit cocktail or pineapple (19 oz.)
½ pint whipping cream or 1 pkg. dream whip
1 - 4 oz. Phil. cream cheese

Bring cocktail or pineapple and jello to a boil. Let stand till slightly thickened. Beat cream cheese well and add to dream whip and beat until stiff. Combine with jello mixture and stir until well mixed. Let set overnight. Very nice with turkey or ham.

Lou Whitney, Marion Turnbull
Anne Henderson

CHEESE SALAD

1 can mandarin oranges
1 small orange jello
1 small Phil.cream cheese
1 pkg. dream whip

Heat oranges to boiling and dissolve jello in this. Partially set. Cream the cheese and add to whipped dream whip. Fold into fancy mould.

Marian Hulley

For easy unmoulding of jellied salads, try rubbing vegetable oil on mould before filling.

ALBANY SALAD

1 pkg. lime jello (3 oz.)
1 pkg. lemon jello "
2 c. boiling water
1 can crushed pineapple (with juice)
2 T. prepared horseradish
1½ c. cottage cheese)
1 c. mayonnaise)
1 c. carnation milk) (combined)
½ c. chopped nuts

Dissolve jellos in boiling water. Cool until partly set. Add other ingredients and put in bowl or mould. Refrigerate.

Verna Stephenson

NUTTY JELLO SALAD

1 pkg. lemon jello
1 - 8 oz. Phil. cream cheese
1 tin crushed pineapple (drained)
½ c. grated carrot
½ c. chopped celery
1 c. chopped almonds or walnuts
1 c. cream (whipped)

Dissolve jello in 1 c. boiling water. Add pineapple juice plus enough water to make 1 c. Beat in softened cheese. Let set until syrupy. Add nuts, pineapple and carrot. Fold in whipped cream.

Roberta Howatt

AMBROSIA SALAD

1 can fruit cocktail
1 can chunk pineapple
1 can mardarin oranges
12 maraschino cherries
3 c. coloured small marshmallows
1 c. angel flake coconut (opt)
16 oz. sour cream

Drain all fruit and add to marshmallows. Then add commercial sour cream and mix well, but gently. Refrigerate for 24 hrs. Garnish with maraschino cherries when ready to serve.

Ruth Papple
Bonnie Fortune

24 HR. FRUIT SALAD

1 tin mardarin oranges (no juice)
1 tin pineapple tidbits (2c. no juice)
2 c. grapes (seeds removed)
¼ c. cherries
½ bag sm. col. marshmallows
1 c. whipped cream (I use Rich's Whip Topping)
2 T. butter
¼ c. vinegar
2 eggs beaten
¼ c. granulated sugar

Beat eggs, add sugar and vinegar. Cook in double boiler until thick. Add butter. Let cool. Combine this with whipped cream. Pour over fruit. Chill at least 24 hrs.

Jane Vincent
Gloria Riley

BRAZILIAN SALAD

½ c. grapes, skinned, seeded & halfed
½ c. celery chopped
¼ c. maraschino cherries, cut
½ c. crushed pineapple
½ c. apples chopped
2 T. chopped nuts

Sprinkle above with lemon juice, let stand for one hr. Blend in 1 c. whipped cream sweetened with 2 T. white sugar. Serve on lettuce leaves.

Jane Vincent

The only way a woman may remain forever young is to grow old gracefully.

There is no cosmetic for beauty like happiness.

SAUCES AND DRESSINGS (to follow)

MUSHROOM STUFFING

1 - 24 oz. loaf of bread
1 c. sliced mushrooms
1 c. sliced celery
½ c. chopped peeled apple
½ c. chopped parsley
½ c. butter
1 - 1½ tsp. salt
1/8 tsp. pepper
½ tsp. sage or thyme or rosemary or combination

Melt butter and saute all vegetables and apple until wilted, not brown. Add to bread crumbs with seasonings. Let cool before using.

Janie Golding

MILD ROSEMARY MARINADE

For less tender steak cuts.

½ c. ketchup
½ c. water
1/3 c. red wine vinegar
½ c. veg. oil
2 tsp. Worcestershire sauce
1 tsp. salt
1 tsp. rosemary
1/8 tsp. pepper

Combine marinade ingredients. Pour over steaks (enough) for 4 blade or 2 large round steaks) and refrigerate in covered dish for 24 hrs. Broil or barbecue steaks using marinade as baste.

Anne Underwood

BARBECUE SAUCE

1/3 c. lemon juice
½ c. white sugar
3/4 c. ketchup
1/2 c. salad oil
salt
3 T. Worcestershire sauce
2 T. prepared mustard
3/4 c. water
3/4 chopped onion
pepper

Simmer for one hour. Store in jar. This recipe for use in oven.

Jean Wilbee

MUSTARD DRESSING
Cold Meat

1 egg
1 c. white sugar
½ c. cream
½ c. dry mustard
½ c. vinegar

Mix and cook in a double boiler until slightly thick. It will thicken as it cools.

Marion Gordon

INDIAN MINT SAUCE

1 small green pepper, seeded and diced
1 clove garlic
4 drops Tabasco sauce
½ tsp. salt
1 tsp. dried mint leaves
1/3 c. plain yogurt

Cover and blend at medium speed about 20 sec., until almost smooth. Scrape into a small bowl and stir in ¼ c. more yogurt. Cover and refrigerate 2 hrs. to blend flavours. Serve sauce with lamb kabobs. Makes 1 cup. ¼ c. = 26 calories

Shirley Snell

FISH WITH LEMON SAUCE

2 lbs. frozen fillets (perch or sole)
3 T. butter or margarine
2 T. cornstarch
3/4 tsp. salt
1¼ c. water
¼ c. lemon juice
¼ tsp. dry mustard
grated rind of half of a lemon

Combine all ingredients except fish and cook until thick. Arrange fillets in baking dish and pour hot sauce over them. Sprinkle generously with paprika and basil. Bake at 400°F till golden brown, about ½ hr. Makes 4 generous servings. Realemon juice may be used but the grated rind of a fresh lemon really enhances the flavour.

Leone Rowat

SPAGHETTI SAUCE

1 qt. canned tomatoes
1 - 10 oz. can tomato soup or 1 can tomato paste
2 onions chopped
1 clove garlic or garlic salt
1 c. water
1 T. salt
1 tsp. cinnamon
1 tsp. celery salt or celery seed
½ tsp. ginger
½ tsp. ground cloves
1 lb. hamburg

Brown ground beef in heavy saucepan or Dutch Oven. Add all remaining ingredients and simmer on low heat for 2-2½ hrs.

Helen Wilbee

FRENCH DRESSING

1 can tomato soup
½ c. white sugar
½ c. salad oil
½ c. cider vinegar
¼ tsp. garlic salt or bud of garlic
pinch salt

Blend all ingredients together. Makes 2 3/4 c. Sprinkle onion salt on greens and toss with some French dressing. Wonderful flavour!

Ida Close

SALAD DRESSING

1 c. white sugar
2 eggs
2 T. flour
1 T. dry mustard
1 c. water or milk
1 c. vinegar
½ tsp. salt
1 T. butter

Mix all ingredients thoroughly and put in double boiler and cook until thick. Makes about 3/4 of a qt.

Muriel Miller
Violet Broadfoot

CRANBERRY RELISH

½ c. raisins
1 lb. fresh cranberries
1½ c. white sugar
2 oranges
1 grapefruit

In saucepan cover raisins with water. Bring to boil. Remove from heat. Let stand 5 min. Drain. Put cranberries through food grinder, using coarse blade. Stir in sugar. Peel, section, and dice oranges and grapefruit. Stir into cranberries with raisins. Chill overnight. Stir occasionally till sugar dissolves. Makes 3 c.

Joan Campbell

BUTTERSCOTCH PUDDING SAUCE

1½ T. cornstarch
1 c. brown sugar
1¼ c. hot water

Combine all but water and place over direct heat. Stir until blended and brown a little. Then add the water and cook until thick. Add vanilla and 1 tsp. of vinegar or lemon juice if desired. Makes 2 c.

Joan Campbell

HOT BRANDY SAUCE

1/3 c. butter
1 c. sifted confectioners sugar
3 T. brandy
2 egg yolks
½ c. cream

In top of double boiler beat butter until soft. Gradually add the sugar and beat until creamy. Slowly beat in the brandy. Add the egg yolks one at a time, beat and add cream. Cook over boiling water until slightly thickened. Serve warm or cooled. Delicious on Apricot Souffle.

Anne Wilbee

GRANDMOTHER'S BUNS

2 Pkge's Fleischman's dry yeast
¼ c. lukewarm water
3 c. boiling water
3/4 c. white sugar
½ c. shortening
1 T. salt
1 egg
8 - 9 c. flour (all purpose)
raisins (optional)

Dissolve yeast in ¼ c. lukewarm water, let stand 10 min. Put 3 c. boiling water in large bowl. Add sugar, salt & shortening, stir well & let cool to lukewarm. Add yeast, beaten egg, 3 c. flour. Beat well with mixette. Let stand 10 min., add flour to make not too stiff. Knead well, set in warm place till double in size. Cut in pieces & bake in muffin pan. Let rise well & bake 350° 15 min.

Ethel Dennis

BREAD ROLLS

WHITE ROLLS

1 c. milk scalded
¼ c. butter
1 T. sugar
½ tsp. salt
1 pkg. dry yeast
1 egg white, beaten
4 c. all-purpose flour

While milk is still hot, add butter, sugar & salt. Sprinkle yeast over 1¼ c. lukewarm water in a bowl, cover & leave 10 min. Add yeast to milk: stir in beaten egg white & 3½ c. of the flour. Beat until dough gathers in a ball, then turn out on to a lightly floured board. Knead, adding extra flour if required. Place dough in buttered bowl & let rise at room temp. until doubled about 3 hr. Shape risen dough into small balls, allow to rise until doubled. Bake 375° for 20 min. or till golden.

Betty Beuttenmiller

WHOLE WHEAT BREAD

1½ c. milk scalded
¼ c. molasses
1 T. sea salt
¼ c. vegetable oil
1 tsp. sugar
½ c. warm water
1 pkge. fast rising yeast
5½ c. whole wheat flour

Combine hot milk, molasses, salt & oil. Cool to lukewarm. Meanwhile dissolve sugar in water, sprinkle yeast over water & let rise 10 min. Stir well & add to lukewarm mixture.Measure 3 c. flour into large bowl. Add blended liquids. Combine thoroughly then beat 75 strokes. Work in remaining flour. Dough will be very stiff. Turn dough onto a floured board & knead for 10 min. Shape into a ball and place in a greased bowl. Cover & let rise in a warm place until dough is double in bulk. About 1½ hr. Punch down to remove all gas bubbles & let rest 10 min. Place in 2 loaf pans and let rise again for 1½ hr. Bake 30-40 min. at 375°.

Marguerite Walden.

BROWN BREAD

1½ c. milk scald
add-
2 T. sugar
2½ T. butter
1½ c. boiling water
2 tsp. salt
1 pkge. Fleishmans yeast

Prepare yeast as directed on package. When first liquid has cooled to lukewarm, add the yeast, 2 T. molasses, 2½ c. graham flour, 2½ c. white flour, enough to make a dough that can be easily handled & not sticky. Let rise until double in bulk, knead down. When rises again make into loaves, let rise, bake for 1¼ hr.in moderate oven - 375°

Dorothy Townsend

WHOLE WHEAT ROLLS

1 pkg. yeast
½ c. lukewarm water
1 T. brown sugar
2 c. scalded milk
2 T. brown sugar
2 T. shortening
1 Tsp. salt
3 c. stirred whole wheat flour
2¾ c. stirred white flour
½ c. wheat germ

In a large bowl soak yeast with first amount of sugar & water 10 min. To hot milk add sugar, salt & shortening. Stir, cool to lukewarm. Add to risen yeast. Add whole wheat flour & wheat germ. Beat 5 min. Add 2 c. white flour, mix well. Cover, let rise until doubled. Turn out on board floured with ¾ c. flour. Knead 200 times or 7-10 min. Let rise as before Shape into 2 loaves or 24 buns, let rise again. Bake 350° rolls 15-20 min, loaves 35-40 min. Rolls 2 - 8½" pie plates, loaves 8½ x 4½ x 2½ pans.

May Roe

YEAST DOUGHNUTS

1½ c. milk
½ yeast cake
½ c. brown sugar
2 eggs
pinch nutmeg
¼ c. butter
4½ c. flour

Scald milk. Dissolve yeast in warm water. When these 2 steps cool add all together to make soft dough & put in greased bowl. Let rise. Then cut with doughnut cutter & let rise again. Then drop in hot grease till brown on both sides.

Ethel Kerr

PIES-PASTRIES

DESSERTS

* * * * * * *

PASTRY

(Enough for a two crust, 9-inch pie with a little left over)

3 c. sifted pastry flour
1 tsp. salt
3/4 c. cold lard
1/3 c. very cold water (approximately)

Sift and measure flour and sift again with the salt. With 2 knives or a pastry blender, cut in the lard until pieces are about the size of grains of rice. Measure water and sprinkle over flour, salt and lard. Cut and mix with a knife to make particles cling together and form a soft but not sticky dough. Gather up dough with fingers and form into a ball with as little handling as possible. Divide in two parts. Dust flour lightly on baking board and rolling pin.

BOTTOM CRUST: Place one part of dough on board, and roll, always away from the centre of dough out to the edge, using light strokes in all directions to form a circular shape about 1/8" thick. The circle should be an inch or so larger than the inverted pie plate. Be sure to lift rolling pin near edge of dough to keep dough edge from splitting and getting thin. If pastry sticks, loosen carefully with knife, then lift and lightly flour board. Fold pastry circle in half; lift onto ungreased pie plate, with fold at centre; unfold and pat down to fit plate. Trim dough even with edge of plate.

cont'd.

PASTRY (con't)

TOP CRUST: Roll other half of dough into pastry circle as for bottom crust. Fold in half. With knife make several slits of your own design at or near centre fold, so steam can escape. Moisten edge of lower crust with water. Lay top crust over filling, with fold at centre. Unfold with sharp knife, trim even with edge of plate. Press top and bottom edges together with tines of a fork or crimp edges with fingers. Bake at once in a pre-heated ov oven at 425° for 15-20 min. Reduce heat to 325° and continue to bake for 40 min. or until filling and crust are cooked.

LATTICE TOP: Roll out top crust, cut in ½" strips. Weave strips loosely on waxed paper to form lattice; chill. Flip over onto pie. Fasten the strips of pastry at each end to lower crust, by moistening edge with water and pinching ends with the lower crust.

PIE OR TART SHELLS: Prick the shell bottoms with a fork. Bake at 400° for 15 min. or until lightly browned and loose in pan.

- Grace Campbell

BUTTER TARTS

1 c. brown sugar	2 eggs
2T. butter	3/4 tsp. vanilla
1/2 c. corn syrup	1 c. raisins

Mix ingredients in order given. Put in unbaked tart shells and bake at 350° for 20 min. or until lightly browned. I like to add a few currants as well. You can also add a little coconut if you wish or put a spoonful of your favourite jam in the bottom and cover with the butter filling omitting the raisins. This recipe makes 1 doz. large tarts or 18 medium tarts.

- Grace Campbell

NO FAIL PIE CRUST

Blend:
5 c. flour
1 tsp. baking powder
1 lb. Crisco
1 tsp. salt

Break 1 egg into measuring cup, add 2 T. vinegar, add milk to measure 1 c. Mix the liquid into the flour mixture well. Yield: approx. 7 single crusts.

Joan Stewart

RHUBARB CUSTARD PIE

2 c. rhubarb (cut fine)
1 T. butter
1 egg
1 T. flour
1 c. white sugar
1 unbaked pastry shell

Pour boiling water over rhubarb. Let stand 5 min. Drain well. Mix flour, sugar, butter and yolk of egg. Add this mixture to rhubarb and put in shell. Bake at 375°F until cooked. Remove from oven and spread a meringue of beaten egg white and 2 tsp. of white sugar over pie. Brown in moderate oven.

Anona Crozier

FRESH STRAWBERRY PIE

1 baked 9" pastry shell
4 c. fresh strawberries (well drained)
1 small pkg. strawberry jello
1½ c. water
2 T. cornstarch
3/4 c. white sugar

Place strawberries in a baked pie crust. Combine water, sugar and cornstarch and cook until thickened. Add strawberry jello and stir until jello is dissolved. Pour evenly over strawberries while hot. Chill. Serve with whipped cream.

Carol Baker

PEACH PIE

1½ c. water
1½ T. cornstarch
a little salt
a little almond flavouring
1 c. white sugar
1 lemon jelly powder
2 c. peaches

Cook until clear - water, sugar, and cornstarch, add jelly powder, salt. Let cool. Then add flavouring and peaches. Put in baked pie shell. Top with Dream Whip.

Eva McCartney

PINEAPPLE MERINGUE PIE

1/3 c. sugar
¼ c. wheat germ
1 T. cornstarch
¼ tsp. salt
3/4 c. water
1 egg, beaten
3 T. flour
1 - 19 oz. can crushed pineapple

Meringue

3 egg whites
½ c. sugar

Cook filling in double boiler at least 20-30 min., stirring. This removes the starchy taste.

Elva Ellis

DUTCH APPLE PIE

1 unbaked 9" pastry shell
7 medium cooking apples
3/4 - 1 c. white sugar
½ tsp. cinnamon
2 T. butter or margarine
2 T. flour
¼ c. cream

Make pastry shell. Pare, halve & core apples, slice 4 halves into prepared shell, making even layers. Mix sugar, flour & cinnamon; sprinkle half over sliced apples, arrange remaining apple halves, cut side down, in single layer on top of sliced apples. Sprinkle

Cont'd...

Dutch Apple Pie Cont'd...

with remaining sugar mixture; pour cream in slowly, near centre; dot with butter. Bake in hot oven 400°F about 1 hr, or until apples are tender but still hold their shape (syrupy juices will thicken as pie cools). Remove from oven; with a fork, press down apples halves lightly into juices; serve warm or cold.

Carol Baker

FRENCH APPLE PIE

Pastry for a double crust pie
3/4 lb. apples, sliced thin
¼ c. seedless raisins
¼ tsp. nutmeg
½ c. brown sugar (packed)
2 T. butter or margarine
2 T. lemon juice
3/4 tsp. cinnamon
¼ c. granulated sugar
2 T. flour
¼ c. chopped pecans

Line 9" pie plate with pastry; fill with apples and sprinkle with lemon juice and raisins. Combine spices and granulated sugar in small bowl. Sprinkle over apples. Blend brown sugar, flour, and butter until crumbs form; mix in pecans. Sprinkle over filling. Cover with pastry. Cut steam vents in top crust. Bake at 450°F for ten min. then at 350°F for 40 min.

Margaret Sallows

PUMPKIN CHIFFON PIE

3/4 c. white sugar
1¼ c. canned pumpkin
2/3 c. milk
¼ c. cold water
3 egg whites
½ tsp. nutmeg
3 egg yolks
1 T. unflavoured gelatine
½ tsp. salt
3/4 tsp. ginger
½ tsp. cinnamon

Combine sugar, pumpkin, milk, salt and spices in top of double boiler. Place over boiling water and heat.

Cont'd...

Pumpkin Chiffon Pie Cont'd...

Beat egg yolks slightly and add part of hot mixture. Blend and add to mixture in double boiler and cook, stirring constantly, until thickened. Soak gelatine in cold water, add to thickened pumpkin mixture and mix thoroughly. Cool until partially set. Beat egg whites until stiff. Fold into pumpkin mixture until all blended. Pile into cooled baked pie shell (9"). Chill for 2 hrs. or more.

Helen Wilbee
Belle Roberton

CHOCOLATE ICE CREAM PIE

1¼ c. graham cracker crumbs ¼ c. butter
¼ c. white sugar

Blend together. Keep some crumbs out for top of pie.

Filling

1 pkg. chocolate Instant Pudding 1 c. milk

Beat until thick and blend in 1 pint of vanilla ice cream and put filling in pie shell which has been baked a little and chilled. Let set over night in refrigerator, the following day, beat 1 pkg. of Dream Whip and put on top of pie. Sprinkle with remaining crumbs.

Lou Whitney

CORNFLAKE CRUST CHOCOLATE PIE

1¼ c. sweet milk ½ c. white sugar
Let come to scald (not boil)

3 T. cornstarch 3 T. cocoa
½ c. sweet milk

Let boil to thicken
Mix with above and add 1 tsp. vanilla

Cont'd...

Cornflake Crust Chocolate Pie Cont'd...

Crust

4 c. cornflakes (1 c. when crushed)
¼ c. brown sugar
1/8 tsp. salt
1/3 c. butter

Pack into 9" pie plate (reserve ¼ c. for topping). Pour above ingredients in cool pie shell. Serve with whipped cream.

Hilda Sellers

RAISIN PIE

2 c. washed raisins
2 c. water

Simmer on stove till tender - approx. 10 min.

½ c. brown sugar
grated orange or lemon peel
1 butterscotch, carmel, or butter pecan pudding

Simmer raisins & water. Add ½ c. brown sugar and pinch of salt. Thicken with butterscotch pudding dissolved in ½ c. water. Cool. Put in unbaked pie shell. Grate lemon or orange rind on top. Lattice top of pie and dot with butter in between lattices. Cook in moderate oven. Bake for 30-45 min.

Beth Willis Bechely

LEMON SPONGE PIE

1 c. white sugar
2 eggs
1 c. milk
2 T. butter
2 T. flour
juice of 1 lemon

Cream butter and sugar. Add beaten egg yolks and flour. Add milk, lemon juice. Beat well. Fold in well beaten egg whites. Bake in uncooked pie crust sprinkled with cinnamon for ½ hr. in a 400°F oven.

Clarissa Stewart

CARMEL PIE

1 c. brown sugar
1 T. butter
¼ tsp. soda (small)
¼ tsp. salt (small)
1½ c. sweet milk
2 T. cornstarch
2 eggs
1 tsp. vanilla

Brown butter and sugar well in hot pan. Add ½ c. of warm water to melt sugar. Add soda, milk, cornstarch. Beat egg yolks and vanilla. Cook until thick. Pour into a cooked pie shell, cover with meringue and brown in oven.

Helen Scott

CHOCOLATE PIE

Melt in pkg. of chocolate chipits in double boiler. Slowly add 1 egg plus 2 egg yolks, beaten. Beat egg whites stiff. Beat 1 c. whipping cream. Divide 1/3 c. sugar in each. Fold the three mixtures together and fill baked pie shell. Set in frig and top with whipped cream.

Thelma Dale

COCONUT CREAM PIE

3 eggs
3/4 c. white sugar
1/3 c. flour or
3 T. cornstarch
2 T. butter or margarine
1 c. coconut
½ tsp. vanilla
¼ tsp. salt

Heat 2 c. milk in top of double boiler. Beat 3 egg yolks, add sugar, & gradually add cornstarch or flour dissolved in 2 T. cold water. Mix well & add to warm milk. Stir until thickened. Add salt, vanilla, butter. Mix well & add coconut. Set aside to cool. Beat egg whites, adding 2 T. sugar. Beat until stiff. Fill 9" baked pie shell with cooled filling. Spread meringue on top. Bake in 350°F oven until golden brown.

Jessie Boyd

TAFFY COCONUT TARTS

¼ c. butter or margarine (Melted)
1 tsp. vanilla
¼ tsp. salt
1 egg
½ c. brown sugar
½ c. corn syrup
1 c. shredded coconut
Flaky pastry for tart shells

Stir sugar into melted butter. Add salt and corn syrup. Add the slightly beaten egg, then vanilla and coconut. Fill pastry lined tins 2/3 full. Bake at 425°F for 15-20 min. This makes 1 doz. large tarts. Let stand in tins 10 min. before removing so they won't break.

Annie Allan

PECAN TARTS

3 eggs, well beaten
½ c. corn syrup
½ c. melted butter
½ tsp. salt
1 c. brown sugar
1 c. pecans (chopped)
1 tsp. vanilla

Put in tart shells and bake at 375°F. Will keep in fridge.

Lena Boyd

MOM'S TARTS

2 T. butter or margarine
1/3 c. white sugar
1 egg
½ c. coconut
red jelly or jam
½ tsp. vanilla
1/8 tsp. salt
1 doz. unbaked tart shells

Mix all ingredients together. Put 1 tsp. of jelly or jam in bottom of tart shell, then about 1 tsp. coconut mixture over jelly. Bake at 400°F for 20-25 min.

Janie Golding

CURRIED FRUIT

1 can pears
1 can peaches
1 can pineapple chunks
12 maraschino cherries cut in half
3/4 c. brown sugar
1 tsp. curry powder
1/3 c. butter
2 T. fruit juice

Drain fruit for 1 hr. Save juice. In saucepan melt and stir until smooth, the sauce ingredients. Pour in fruit. Mix gently. Place in casserole and heat at 350°F for one-half hr.

Helen Brady

FRUIT CHIFFON

1 c. boiling water
2-3 oz. pkg. jello
2 c. crushed ice
1 c. fruit - canned - well drained

Place water and jello powder in blender on low speed for 2 min. Add ice on high until container is cool. Pour into bowl and fold in fruit.

Ruth Ribey

CRUMBLY CRUST

6 T. flour
4 T. butter
Sprinkle of salt
8 T. brown sugar
½ tsp. vanilla

Grease pie plate. Fill with peeled and sliced apples, about 6. Mix together, flour, sugar, salt. Add vanilla and butter. Mixture should be crumbly. Spread over apples. Bake in oven at 350°F for 30 min.

Doreen Kelly

RICE CUSTARD PUDDING

1 c. cooked rice
2 beaten eggs
2 c. milk
½ c. sugar
½ c. raisins
1 tsp. vanilla

Cont'd...43

Rice Custard Pudding Cont'd...

Cook minute rice according to package directions. Mix with two cups hot milk, sugar, slightly beaten eggs, raisins and vanilla. Bake at 350°F for 25-30 min. Serves 6.

Grace Scott
(Mrs. S. Scott)

BAKED CHOCOLATE PUDDING

1 c. flour
3/4 c. sugar
½ tsp. salt
1½ T. cocoa
2 tsp. baking powder
1 tsp. vanilla
½ c. milk
2 T. melted butter
½ c. walnuts

Sauce

4 T. cocoa
½ c. white sugar
2 c. hot water
½ c. brown sugar

Stir dry ingredients together and add walnuts, vanilla, and butter. Pour into deep baking dish 8" x 8". Mix ingredients for sauce and pour on top of batter. Bake for ½ hr. in moderate oven (400°F). Batter comes to top and sauce on the bottom.

Lorraine Dale
Doris Hugill

MERINGUE SHELLS

¼ tsp. salt
1 tsp. vinegar
½ tsp. vanilla
6 egg whites
1 c. granulated sugar

Add salt, vinegar, and vanilla to egg whites. Beat to stiff foam. Gradually add sugar. Beat until very stiff. Spoon into moulds and hollow the centres or form cups with pastry tube on unglazed cookie sheet. Bake in slow oven (250°) for 1 hr. Cool. Fill with fruit or ice cream. Makes 10 shells.

Belle Roberton

QUICK DESSERT

1 can cherry pie filling
1 pouch light cake mix (small)
½ c. melted butter

Grease an 7" x 11" pan. Pour into it one can pie filling. Cover with cake mix; over this pour ½ c. melted butter. Bake for ½hr. in 350°F oven. Serve with ice cream or whipping cream (if desired) while warm.

Lavina Wheatley

CHOCOLATE ECLAIRS OR CREAM PUFFS

Combine in a saucepan:
¼ c. butter or margarine ½ c. water
Bring to a boil.
Add all at once - ½ c. flour
Remove from heat and beat vigorously until mixture leaves sides of pan. Add 2 eggs (one at a time), and beat until smooth and glossy after each egg. Drop onto greased baking sheets (in finger shape). Bake at 425°F for 15 mins. then at 325°F for 20 mins. Cool, then split and fill with cream filling. Top with chocolate glaze or chocolate icing. Makes 12.

Marian Pullman

CREAM FILLING
(for Chocolate Eclairs or Boston Cream Pie)

1 T. flour
1½ T. cornstarch
¼ tsp. salt
½ c. sugar
2 c. milk
1 egg, slightly beaten
2 T. butter
1 tsp. vanilla

Mix dry ingredients in top of double boiler. Add milk and cook to boiling, stirring constantly. Stir some hot mixture into egg - beat and return to double boiler beating thoroughly. Cover and cook 15 min., stirring occasionally. Remove from heat and add butter and vanilla and spread when cool or fill cream puffs. Yield: approx. 12 eclairs.

Marion Pullman

CARROT PUDDING
(Dessert)

$1\frac{1}{2}$ c. grated raw carrot
$1\frac{1}{2}$ c. all purpose flour
$1\frac{1}{2}$ tsp. baking soda
1 tsp. each of salt, nutmeg cloves, cinnamon
1 c. white sugar
2 c. raisins
$\frac{1}{2}$ c. mixed peel
$1\frac{1}{2}$ c. raw potato, grated
3 eggs
1 c. dates
$\frac{1}{2}$ c. walnuts

Mix dry ingredients. Add beaten eggs. Steam in greased mould for $2\frac{1}{2}$ to 3 hrs. Serve with scoop of vanilla ice cream and brown sugar sauce.

Greta McKercher

CHRISTMAS PUDDING

2 c. brown sugar
2 c. suet
$1\frac{1}{2}$ c. buttermilk
2 T. corn syrup
2 c. big raisins
2 c. bread crumbs
1 pkg. peel
$\frac{1}{2}$ c. peanuts
2 c. sultana raisins
1 tsp. salt
2 c. bread flour
5 eggs
1 tsp. soda

Mix all ingredients together, except flour, eggs, and soda and soak over night. Add the remaining ingredients the next morning and steam for $2-2\frac{1}{2}$ hrs.

Lillian Malaniuk

RASPBERRY TORTE

1 c. crushed graham crackers
2 T. sugar
1 c. boiling water
3 oz. raspberry jello
$\frac{1}{4}$ c. white sugar
$\frac{1}{4}$ c. butter
1 T. lemon juice
$1\frac{1}{4}$ c. frozen raspberries

Make crust from crackers, sugar and butter in 8" x 8" pan. Chill the last five ingredients. Beat 1 pkg. Dream Whip as per directions on box. Beat 4 oz. Philadelphia Cream Cheese with $\frac{1}{2}$ c. icing sugar, salt,

Cont'd...

Raspberry Torte Cont'd...

vanilla. Add to Dream Whip. Put ½ cream cheese mixture on crust. Then partly set raspberries and remaining half of cream cheese. Serves 9.

Esther Brady

ENGLISH TRIFLE

½ white cake
1 red jello
1 c. boiling water
layer custard (vanilla instant pudding)
1 can fruit drained (sliced peaches or fruit cocktail)
layer of whipped cream

Crumble cake. Add water to jello powder and pour liquid jello over cake and allow to set. Add canned fruit, layer of custard and then a layer of whipped cream. Decorate as desired. Refrigerate until ready to use.

Doreen Johnston
Margaret Sallows

MINCEMEAT (NO-BAKE) MALLOW CHEESECAKE

1 c. vanilla wafer crumbs
¼ c. margarine, melted
1 3/4 c. mincemeat
2 tsp. grated orange rind
4 c. miniature marshmallows
1/3 c. orange juice
2 - 8 oz. pkg. cream cheese, softened
½ pint heavy cream, whipped

Combine crumbs and margarine. Press onto bottom of 9" spring form pan. Chill. Spread mincemeat over crust. Melt marshmallows with orange juice in double boiler; stir until smooth. Chill until thickened. Combine softened cream cheese and orange rind, beating until well blended and fluffy. Whip in marshmallow mixture; fold in whipped cream. Pour over mincemeat. Chill until firm. Garnish with additional mincemeat and chopped candied fruit to form a wreath, if desired. Makes 10-12 servings.

Joan Chesney

LEMON DESSERT

1st layer

1 c. flour
½ c. chopped pecans
¼ lb. butter
Mix and press in 9" x 13" pan. Bake at 375°F for approx. 15 min. Cool.

2nd layer

1 c. Cool or Dream Whip
8 oz. pkg. Philadelphia cream cheese
1 c. icing sugar
Mix and spread over first layer.

3rd layer

2 pkgs. instant lemon pudding powder
3 c. milk
Whip until thick and spread on second layer.

4th layer

Spread with remainder of Cool Whip. Cool overnight. (I use 2 pkgs. of Dream Whip instead of Cool Whip).

Bernice McPherson

PINEAPPLE DELIGHT

1 pkg. graham wafers (about 26 wafers)
½ c. butter
½ c. sugar
3/4 lb. marshmallows
1 can crushed pineapple (19 oz.)

Roll wafers and add shortening and sugar and put in 8" pan. Place marshmallows and juice in double boiler, heat until dissolved. Chill until thick. Have ready and add one pkg. Dream Whip and add pineapple to first amount. Spread over crumb mixture and put remaining crumbs on top. Chill.

Muriel Miller, Harlene Glanville
Beth Read

BROKEN ICE DESSERT

First Part

3 pkgs. of jello, lime, lemon and strawberry
1½ c. of boiling water to each package. Let set in shallow pans and cut in ½" cubes when set.

Second Part

1 c. graham wafer crumbs
½ c. butter
½ c. brown sugar
Mix together. Put in a 9" x 13" pan saving some of the mixture for topping.

Third Part

Dissolve 1 pkg. of gelatine in ¼ c. cold water. Heat 1 c. pineapple juice and add to gelatine. Let cool but do not let set. To 1 c. of cream (beaten) add ½ c. white sugar and ½ tsp. vanilla.

Fold the partially set pineapple juice, ½ can of well drained crushed pineapple and cubed jellos into the whipped cream. Pour on top of graham wafer mixture and top with remaining crumbs. Chill and cut in squares. Serve with whipped cream and piece of cherry. Serves 12-15.

Joan Campbell

APRICOT SOUFFLE

1½ c. apricot puree
1/8 tsp. cream of tartar
1/8 tsp. almond extract
4 egg whites
salt
¼ c. sugar

Beat egg whites foamy; add cream of tartar, salt and extract; beat in sugar slowly until whites form stiff peaks. Fold in apricot puree. Turn into 1½ qt.

Cont'd...

Apricot Souffle Cont'd...

casserole greased and sprinkled with sugar; in oven poach at 325°F for 40 min. Serve with hot brandy sauce and whipped cream. Serves 6.

Anne Wilbee
Sharon Wilbee

CHEESECAKE

¼ c. butter melted crumbs of 30 graham wafers

Mix together and line 9" x 9" x 2" pan. Save ½ c. for top.

8 oz. pkg. Philadelphia Cream Cheese 1 tsp. vanilla
1 c. white sugar pinch of salt

Cream cheese with sugar, salt and vanilla. Take 1 pkg. lemon jello, dissolve in 1 c. hot water. Let jello cool and thicken slightly but not congeal. 1 c. Carnation milk - well chilled. Also chill bowl and beaters. Whip Carnation milk until stiff. Combine cheese, jello, and whipped milk well. Pour into cracker lined pan. Sprinkle top with remaining cracker mixture. Chill - may be eaten in 2 or 3 hrs.

Vera Oliver

ICE CREAM FOR HAND FREEZER

2 eggs 4 c. cream
1 c. white sugar 4 c. milk

Mix together and put in a hand freezer. Put ice mixed with salt around the ice cream container and turn until it gets hard to turn. Makes 3 qts.

Marion Gordon
Lavina Wheatley

HELEN'S DELIGHT

2 c. sugar
2 c. flour
½ c. butter
½ c. shortening
4 T. cocoa
1 c. water
1 tsp. baking soda
½ c. buttermilk
2 tsp. cinnamon
1 tsp. vanilla
½ tsp. salt
2 eggs

Mix sugar and flour in large bowl. In saucepan bring butter, shortening, cocoa & water to a boil. Pour this over flour & sugar & mix thoroughly. Add soda, buttermilk, vanilla, eggs, cinnamon & salt & mix well. Bake 20 min in 400°F oven in shallow pan 17" x 11".
Icing: ½ c. butter, 4 tsp. cocoa, 4 T. milk, 1 tsp. vanilla. Bring to a boil. Add 1 lb. icing sugar. Beat until smooth. Spread over hot cake. (40 squares).

Betty Tilley

MYSTERY TORTE

16 Ritz crackers
1 c. sugar
½ tsp. baking powder
3 egg whites
2/3 c. chopped nuts
½ tsp. vanilla

Blend crackers & nuts in blender until fine. Beat egg whites until stiff, add sugar. Fold in nuts & crackers. Add vanilla. Pour into lightly greased pie plate. Bake 30 min. at 350°F. Chill for 3 hrs. Garnish with whipped cream or topping and chocolate shavings. Serves 8-10.

Helen Connell

OSGOODE PIE

2 egg yolks
2 egg whites
½ c. raisins
½ T. vinegar
½ T. butter
1 c. sugar
½ tsp. nutmeg
½ tsp. cinnamon
½ c. cold water
1 T. cornstarch

To beaten egg yolks, add sugar & beat. Add creamed butter, vinegar, raisins & spices. Lastly add cornstarch which has been mixed with the cold water. Stir well & pour into an unbaked pie shell. Bake 350°F until filling is set. Remove from oven & pile egg whites on top. Return to oven & brown meringue.

Margaret Snell

CAKES, FROSTINGS, FILLINGS

ICING SUGAR

Icing sugar is essentially just finely powdered granulated sugar, although it costs quite a bit more. You can make your own by putting ½ c. granulated sugar & 1 Tsp. cornstarch in a blender for two min. (The cornstarch keeps the powdered sugar from caking in storage; if you plan to use the sugar right away you can eliminate it).

Shirley Snell

OATMEAL CAKE

1 c. quick cooking oatmeal
1 c. boiling water
1 c. brown sugar
3/4 c. butter or margarine
2 eggs
1 tsp. salt
1 T. soda
vanilla & cinnamon to taste
1 c. washed raisins
2 c. all-purpose flour

Pour boiling water over oatmeal & let stand 10 min. Add soda. Beat eggs & add butter, spices & raisins, sugar & salt. Stir in flour & bake in a greased 8" or 9" pan at 350°F for 40 min.

Ruth Papple

ORANGE RAISIN CAKE

3/4 c. butter
1½ c. white sugar
2 eggs
3/4 c. sour milk
1 T. soda
2 c. flour
3/4 c. raisins
1 orange

Combine butter, sugar, eggs, & add sour milk and soda. Add flour. Grind orange & raisins together. Add to above. Bake at 350°F for 30-35 min. Makes 8" cake.

Lillian Malaniuk

ONE-EGG WHITE CAKE

2 c. sifted cake flour
½ tsp. salt
2½ tsp. double acting or 3 tsp. fast acting baking powder
3/4 c. milk
1/3 c. soft shortening
1 tsp. vanilla
1 egg unbeaten

Beat all the ingredients, except the egg, on No.3 speed for 2 min. scraping bowl while mixing. Stop mixer. Add egg. Beat on No. 3 speed one min. Pour batter into an 8" square, greased and floured pan. Bake at 350°F for 25 to 30 min.

Grace Scott (Mrs. S. Scott)

DAFFODIL CAKE

White Part

6 egg whites
½ tsp. cream of tartar
½ c. cake flour
2/3 c. white sugar
pinch of salt
½ tsp. vanilla
½ tsp. baking powder

Yellow Part

6 egg yolks
½ c. white sugar
½ c. flour
2 T. hot water
pinch salt
1 T. baking powder

Mix each part separate in mixing bowls. Then spoon alternately in Angel Cake tin at 325°F for about 1 hr. or when cake springs back when touched.

Ruby Dolmage

SPONGE CAKE

1 c. white sugar
4 egg yolks
4 T. cold water
½ tsp. vanilla
1 c. pastry flour
1 tsp. baking powder

Cont'd...

Sponge Cake Cont'd...

Beat egg yolks and sugar together. Add water and vanilla. Add flour and baking powder sifted together. Beat egg whites and fold in. Do not beat. Bake in 8" x 8" pan at 350°F for 40 to 45 min.

Greta Kerr

CHIFFON CAKE

2½ c. sifted cake flour
4 tsp. baking powder
1 tsp. salt
½ c. Mazola Oil
2/3 c. water
6 egg yolks
2 tsp. vanilla
½ tsp. cream of tartar
6 egg whites

Variations:

Banana - OMIT water and vanilla. Add ½ c. mashed ripe banana and 2 tsp. fresh lemon juice.
Orange - OMIT water and vanilla. Add 1/3 c. fresh orange juice and 1½ tsp. grated orange rind.

Mix and sift first four ingredients into bowl. Make a well and add in order oil, water, egg yolks and vanilla. Beat with a spoon until smooth. Add cream of tartar to egg whites in a separate bowl. Beat until egg whites form VERY STIFF peaks. Fold whites into first mixture until well blended. DO NOT BEAT but use rubber scraper. Turn batter into ungreased tube pan (large size) or 2 square 8" pans. Bake in a moderate oven at 325°F about 1 hr. or until cake springs back when touched with finger. Turn pan upside down immediately and suspend so that surface does not touch anything cold. Loosen sides of cake with spatula to remove from pan.

Kathleen Cuthill

To cut a fresh cake, use a wet knife.

PINEAPPLE UPSIDE-DOWN CAKE

1 c. brown sugar
¼ c. butter melted
8 pineapple slices
8 maraschino cherries

Batter:

2 eggs
1 c. sugar
1 c. sifted cake flour
1 tsp. vanilla
½ tsp. salt
½ c. scalded milk
2 T. butter
1 tsp. baking powder

In 12" skillet, spread brown sugar evenly over melted butter. Place one pineapple slice in centre of skillet, then arrange other slices around this centre slice. Place cherry in centre of each slice. To prepare cake batter, beat eggs and sugar together until thick and lemon-coloured. Sift dry ingredients together. Add butter to scalded milk. Add all of flour mixture to milk. Stir quickly until thoroughly blended. Add vanilla. Pour batter evenly over pineapple slices. Place on top of range over low heat. Bake, covered, for 35 min. Tilt cover during last 5 min. to dry top of cake. Makes 8-10 servings.

Note: One standard package white or yellow cake mix may be substituted for above batter. Use recommended number of eggs, but use only one-half the amount of liquid specified in package directions.

Sharon Wilbee

GRAHAM WAFER CAKE

½ c. margarine
1 c. white sugar
2 c. graham crumbs
½ tsp. salt
1 tsp. baking powder
1 egg
1 c. fine coconut
1 c. milk
3 T. flour (all purpose)
1 tsp. vanilla

Cream butter, sugar, egg, add milk and flour, crushed wafers and coconut and rest of ingredients. Bake at 350°F for 40 min. in 9" pan. Keeps well, is moist and freezes well. May be iced.

Grace Broadfoot

QUEEN ELIZABETH CAKE

1 c. boiling water
1 c. chopped dates
1 tsp. baking soda
3/4 c. butter or shortening
1 c. brown or white sugar
1½ c. sifted flour
1 tsp. baking powder
½ tsp. salt
1 egg
1 tsp. vanilla
½ c. chopped nuts

Pour boiling water over dates and soda. Let stand. Mix other ingredients. Stir in date mixture. Bake 35-40 min. in 350°F oven.

Icing: Mix 5 T. brown sugar, 2 T. butter and 3 T. rich milk and bring to a boil. Add coconut and pour over cake while warm. Brown in oven a few minutes.

Anona Crozier
Melinda Beuerman

"JOHNNY" CAKE

½ c. shortening
1 egg
1 c. sour milk
1½ c. flour
½ c. white sugar
½ tsp. salt
1 tsp. soda (dissolved in milk)
1 c. corn-meal

Cream shortening, add sugar, beaten egg and salt. Then add milk, flour and corn-meal. Bake in a greased 8" pan for 30 min. at 400°F.

Mona Crich

FAVOURITE GINGERBREAD CAKE

½ c. shortening or butter
½ c. white sugar
1 c. molasses
2½ c. all purpose flour
1 tsp. cinnamon
1 egg
1½ tsp. soda
1 tsp. ginger
½ tsp. cloves
½ tsp. salt

Cont'd...

Favourite Gingerbread Cake Cont'd...

Cream together shortening, sugar and egg. Beat well. Mix molasses with 1 c. hot water. Sift together flour and spices. Add molasses mixture and flour mixture alternately to creamed ingredients. Bake in moderate oven 350°F for 45 min. or until done.

Isabel McCowan

COMMERCIAL SOUR CREAM CHOCOLATE CAKE

2 squares chocolate (semi-sweet)
½ c. water
2 c. sifted cake flour
1 tsp. vanilla
1/3 c. butter
1½ c. white sugar
1 tsp. baking soda
3 eggs
1 c. sour cream (commercial only)

Cook and stir chocolate in water until dissolved and smooth. Sift flour and soda together. Cream butter and sugar gradually. Cream well. Add eggs one at a time and beat again. Blend in vanilla and chocolate mixture. Add dry ingredients and sour cream alternately. (Starting with dry ingredients, about 3 additions). Cream in well. Bake in 2 greased 9" layer pans or oblong pan at 325°F for 35 to 40 min. It is necessary to beat everything by hand. The electric beater will cause a failure.

Audrey McLlwain

MAPLE WALNUT CAKE

In large bowl mix 7 egg whites, 1/3 tsp. salt and 1 tsp. cream of tartar. Beat until soft peaks. Add ½ c. white sugar. Beat until stiff.

In another bowl, sift the following 3 times: 1¼ c. all purpose flour, 1 c. white sugar and ½ tsp. baking powder. Make hole in centre and add 7 egg yolks, ¼ c. corn oil and ¼ c. water and 2 tsp. maple flavouring. Mix well. Add ½ c. walnuts. With spatula, fold this mixture into egg whites. Bake 50 min. at 350°F.

Clarissa Stewart

CARROT CAKE

2 c. all purpose flour
2 T. cocoa
1 egg
1½ c. raisins
½ tsp. cinnamon
pinch cloves
2 c. grated raw carrots
1 c. white sugar
½ tsp. salt
½ c. shortening
3/4 tsp. baking powder
½ tsp. nutmeg
2 T. water
½ tsp. soda dissolved in the 2 T. water

Blend dry ingredients, then add egg, shortening and carrots. Mix well until moistened, then beat at medium speed for 2 min. Add raisins, soda dissolved in water. Beat until smooth. Pour into layer cake tins and bake 350°F for 30 to 35 min.

Icing: 1 - 8 oz. package cream cheese and 4 T. soft butter. Then blend in 2 c. icing sugar. Add vanilla. Add milk to right consistency.

Eva McCartney

GUM DROP CAKE

1½ c. sugar
3/4 lb. butter
5 eggs
1 lb. raisins
¼ lb. citron peel
¼ lb. pineapple
vanilla, almond or any kind of flavouring
¼ lb. almonds (whole)
½ lb. candied cherries (whole)
½ c. sweet milk
1 pkg. gum drops (not black)
1 tsp. baking powder

Enough flour to make a stiff batter (about 4 cups). Bake in a slow oven for 3 hrs.

Ann Wood

Do not grease the sides of cake pans!
How would you like to climb a greased pole?

WHITE FRUIT CAKE

2 c. white sugar
1 c. butter
1 c. sweet milk
2½ c. bread flour
3 eggs
¼ c. pineapple
1 c. almonds
½ tsp. salt
2 tsp. baking powder
1 tsp. vanilla
1 tsp. lemon flavouring
1 lb. white raisins
½ c. cherries
½ c. peel
1 c. coconut

Mix butter and sugar, add milk, salt and eggs. Beat well. Add flour and baking powder. Save ½ c. flour to dredge fruit, then add other ingredients and save some almonds to place on top. Bake 2½ to 3 hrs. at 250°F.

Matilda Dunn

LEMON SUPREME ICING

One Jello Lemon Pie Filler (Regular size)
One Dream Whip

Prepare Lemon Pudding Powder as directed on package and allow to cool. Then prepare one Dream Whip as directed on package. Add to Lemon Pie filler and beat until very smooth. This makes enough for the Icing and Filling for the cake. Can be used on Duncan Hines Lemon Supreme Cake or any light cake. Also can be used as a pudding.

Muriel Miller

DREAMY ICING

2 T. cornstarch
1 c. cold milk

Cook stirring constantly. Chill.

½ lb. butter
1 c. white sugar
1 tsp. vanilla

Beat until white. Add sauce and beat 15 min. to be sure sugar is dissolved. This is much like whipped cream.

Beth Read

FLUFFY FROSTING
(Never Fails)

1 c. white sugar
1 egg white
½ c. boiling water
¼ tsp. cream of tartar

Put all ingredients into large bowl. At once beat until it stands in firm peaks and then tint any colour wished. Variations: ½ c. boiling orange or pineapple juice.

Jane Vincent

ICING FOR ANGEL CAKE

1 heaping c. of fresh strawberries or raspberries
1 c. granulated sugar
1 egg white

Put altogether in large bowl of mixmaster. Beat until it almost reaches top of bowl. Will keep one week in refrigerator.

Beth Willis Bechely

FILLING FOR ANGEL CAKE

8 oz. bottle Maraschino Cherries (drained)
1 can crushed pineapple (19 oz.)
4 oz. pkg. small marshmallows
1 c. milk
1 c. toasted sliced almonds

Mix cherries and marshmallows and pineapple and let sit for 2 hrs. Soften one pkg. plain gelatine with ½ c. of cold milk. Heat remaining ½ c. milk and add to softened gelatine mixture. Set in refrigerator until nearly set. Add fruit mixture to sliced almonds and add to gelatine mixture. Then add 2 c. whipped cream or Dream Whip.

Slice angle cake horizontally twice and spread mixture on layers and replace them and ice top and sides with mixture. Set in refrigerator to set. Will keep 24 hrs.

Matilda Dunn

COOKIES and SQUARES

****

HOMEMADE COOKIE MIX

5¼ c. all purpose flour	1½ c. white sugar
or 6 c. pastry flour	1½ c. brown sugar
4 tsp. baking soda	1 c. shortening
2 tsp. salt	1 c. regular margarine

Combine flour, baking powder, baking soda and salt. Sift or stir thoroughly together. Mix in sugars. Cut in shortening and margarine finely. Cover tightly in jar or plastic bags, store in refrigerator or a cool place. (12 cups). Use within one month. Bake all cookies 350°F for 8 min. 2 cups mix makes 36 cookies.

Chocolate Chip Cookies

2 c. mix	1 beaten egg
6 oz. pkg. choc. chips	1 tsp. vanilla
½ c. chopped nuts	

Stir to blend with 2 or 3 T. of milk to give drop dough. Greased cookie sheet.

Peanut Butter Cookies

2 c. mix	1 egg
½ c. peanut butter	1 tsp. vanilla

Blend in cookie mix adding enough milk to give drop dough. Add ½ c. raisins or chopped nuts if desired. Greased cookie sheet.

Orange-Raisin Drops

2 c. mix	1 T. orange rind
1 egg, beaten	½ c. raisins
1 tsp. vanilla	½ c. chopped nuts

Add enough orange juice to give drop dough. Greased cookie sheet.

Helen Thompson

MARY'S DROP COOKIES WITH BURNT BUTTER ICING

Dough

¼ c. butter
¼ c. shortening
1¼ c. sugar
2 eggs
1 c. dairy sour cream
1 tsp. vanilla
2 3/4 c. sifted all purpose flour
½ tsp. baking soda
½ tsp. baking powder
½ tsp. salt

In large bowl cream together well shortening, butter and sugar, then beat in eggs. Sift together sifted flour, soda, baking powder, and salt. Beat in with sour cream and vanilla. Chill dough. Butter baking sheets. Drop rounded dessertspoonfuls at least 2½" apart. Bake at 425°F until tinged with gold. Cool on racks. Dough must be kept in refrigerator between the times you are filling pans.

Icing

¼ c. butter (melted)
1 c. sifted icing sugar
½ tsp. vanilla
1 T. hot water

Melt butter in saucepan until it is deep gold. Watch it all the time. Remove from heat and stir in icing sugar and vanilla. When blended stir in hot water. Cool until of spreading consistency. If it hardens a little too much before cookies are iced stir over low heat for a moment to soften.

Wilma Oke

SHORTBREAD

1 c. butter
½ c. brown sugar
2 c. flour
few drops of vanilla

Cream butter and add brown sugar, beat well. Add flour and knead till firm enough to roll out. Cut in square. Bake at 275°F.

Lillie B. Moore

THIMBLE COOKIES

½ c. butter
¼ c. sugar
1 egg, separated
1 tsp. flavouring
1 c. sifted all purpose flour
Nuts, chopped finely (almonds or walnuts)

Cream butter, add sugar gradually and mix well. Add well beaten egg yolk, flavouring and flour. Shape into balls about the size of a walnut. Dip in unbeaten egg white, then in finely chopped nuts. Dent in the centre with a thimble. Place on greased baking sheet and bake in moderate oven for 5 min. and dent again. Bake 12 to 15 min. more. Fill with a dab of jelly while still hot. (350°F)

Evelyn Brown

BACHELOR BUTTON COOKIES

3/4 c. butter
1 c. brown sugar
1 egg, beaten
2¼ c. pastry flour
1 tsp. soda
¼ tsp. salt
½ c. shredded coconut
½ c. walnuts
½ c. candied cherries
½ tsp. vanilla

Beat butter and sugar, add beaten egg and rest of ingredients. Drop from tsp. and press with fork. Bake at 400°F.

Olive Traviss

PERFECT RAISIN DROPS

2 c. sugar
1 c. butter
1 tsp. vanilla
3 eggs, well beaten
2 c. raisins
1 c. water
1 tsp. soda
2 c. flour
1 tsp. cinnamon
¼ tsp. nutmeg
1 c. chopped walnuts

Combine raisins and water. Boil briskly 5 min. Cool and stir in 1 tsp. soda. Let stand. Cream butter & sugar. Add vanilla and beaten eggs, & the cooled liquid and raisins. Add spices, salt, & sifted flour. Add walnuts. Drop on cookie sheet by tsp. Bake 425°F for 12-15 min.

Violet Elgie

ELAINE'S WHEAT GERM REFRIGERATOR COOKIES

6 T. butter or margarine
3/4 c. firmly packed brown sugar
1 egg, slightly beaten
1 tsp. vanilla
1½ c. sifted all purpose flour
½ tsp. salt
½ tsp. cinnamon
¼ tsp. nutmeg
1/8 tsp. ground cloves
1/3 c. wheat germ
1 tsp. baking powder

Cream butter and sugar until light. Add egg and vanilla. Beat well. Sift dry ingredients and add to butter mixture. Shape dough into roll, wrap in wax paper and refrigerate. Slice thinly. Bake at 375°F for about 10 minutes on greased cookie sheet.

Wilma Oke

ANISBROTCHEN - ANISE-SEED COOKIES

1¼ c. sugar
2 c. flour
3 eggs
1 T. anise-seed

Beat eggs and sugar and add remaining ingredients. Mix well. Drop on lightly greased cookie sheet. Press cookies with fork dipped in milk. Bake in moderate oven for 10-12 min.

Heidi Savauge

PLAIN TEA COOKIES

½ c. margarine
1 c. white sugar
1 egg
1 large tsp. caraway seed
1½ c. all purpose flour
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla

Cream margarine and sugar. Add egg and mix well. Mix in remaining ingredients. Chill dough. Roll very thin. Cut in desired shape. Bake 350°F. Remove from pan while warm.

Annette Sinclair

SURPRISES

1 egg
1 c. icing sugar
3 squares unsweetened chocolate
1 tsp. butter
2 c. of miniature marshmallows
½ c. chopped walnuts

Beat above mixture well and drop by tsp. onto waxed paper and roll in coconut and refrigerate.

Lena Boyd

MELTING MOMENTS

3/4 c. brown sugar
½ c. butter
1 egg
1 3/4 c. flour
½ tsp. cream tartar
½ tsp. soda
1 tsp. vanilla
½ c. chopped nuts
¼ c. chopped cherries

Mix together and drop by tsp. on cookie sheet. Bake at 350°F.

Ann Wood

TAAI TAAI (DUTCH GINGERBREAD)

1 c. corn syrup
1 c. sugar
1 c. water
3¼ c. flour
1 tsp. baking soda
2 tsp. anise seed
2 tsp. cinnamon
1 tsp. nutmeg

Boil syrup, sugar and water and let cool off. Mix all other ingredients into cooled off mixture. Pour on cookie sheet. Bake in 350°F for 13 minutes.

Corry Knetsch

A good husband should be deaf and a good wife should be blind.

RAISIN BARS

Base

½ c. margarine
½ c. brown sugar
3/4 c. oatmeal
½ c. flour

Topping

2 eggs
1 c. brown sugar
½ tsp. baking powder
¼ tsp. salt
1 tsp. vanilla
½ c. coconut
½ c. glace cherries
¼ c. flour

Mix four base ingredients and press in a 8½" x 8½" x 2¼" pan. Bake 350°F, 15 minutes.

Topping: Beat eggs well, add sugar gradually, add other ingredients. Mix well. Spoon over baked layer spread. Return to oven. Bake at 325°F, 30 minutes or until nicely browned.

May Roe

FRUIT AND NUT BARS

½ c. butter or margarine
2 T. brown sugar
1 c. flour
2 slightly beaten eggs
1 c. brown sugar
½ tsp. baking powder
2 T. flour
½ c. chopped walnuts
½ c. coconut
½ c. mara or glace cherries or ½ c. chopped dates

Mix first three ingredients into crumbs. Pack in 8" square pan. Bake at 325°F till slightly brown, approximately 25 minutes.

Mix remaining ingredients together and spread on browned crust. Bake at 300°F till done, 30-35 minutes.

Janie Golding

[illegible] can do more work than people [illegible] don't have to stop to answer the phone.

CHERRY SLICES

Crust

½ c. butter
2 T. icing sugar
1 c. flour

Topping

2 eggs
1 c. brown sugar
¼ c. flour
½ tsp. baking powder
¼ tsp. salt
1 c. pecans
½ tsp. vanilla
1 c. halved red cherries

Icing

4 oz. Philadelphia cream cheese
1½ c. icing sugar
½ tsp. vanilla
½ tsp. almond extract

Cream crust ingredients and spread in an 8" x 8" or 8" x 10" pan. Bake 8-10 minutes at 350°F.

Topping: Beat eggs and mix in other ingredients. Pour over crust and bake 30-40 minutes at 350°F.

Icing: Beat icing and spread on bars when cool. Cut into bars.

Edna Bell

CHERRY DATE BARS

1½ c. dates - cook 20 minutes
1 c. water
3/4 c. flour
½ tsp. soda
3/4 tsp. baking powder
1 T. butter
½ c. chopped cherries
½ c. walnuts
3/4 c. brown sugar
1 egg

Cream butter and sugar. Add egg, cherries, nuts and dates. Stir in dry ingredients. Bake in 9" square pan for 30 minutes at 325°F. Ice if desired.

Christena Souter

CHEESE AND MARMALADE SQUARES

¼ c. butter
1 c. all purpose flour
jelly or marmalade
2 T. brown sugar
½ c. cheddar cheese grated

Cream ¼ c. butter, add sugar, then cheese and flour, combining with hands. Place a little more than half in 8" x 8" pan ungreased. Then a good layer of marmalade or jelly. Put remainder on top. Bake 25-30 minutes in 325°F oven. Cut in squares.

Violet Broadfoot

WESTHAVEN SQUARES

1 c. of dates (chopped)
1 tsp. soda
1 c. boiling water
1 c. white sugar
1 tsp. vanilla
1 T. cocoa
1 c. shortening (½c. margarine & ½ c. shortening)
1 3/4 c. sifted flour
½ tsp. salt
2 eggs
½ c. chocolate chips

Cut up dates. Sprinkle soda over them. Pour the boiling water on dates and soda. Stir and let cool. Cream sugar and shortening. Combine with dates. Add remaining ingredients, except chips and beat well. Then add chips. Pour into shallow cake tin (2" deep at least) and 8" x 13" or two smaller pans.

Topping

¼ c. flour
¼ c. white sugar
2 T. butter
½ c. chopped nuts
½ c. chocolate chips

Crumble and spread on top. Bake at 350°F for 30 minutes.

Jessie Boyd

BROWNIES

1½ c. sifted all purpose flour
1 tsp. salt
4 eggs
½ c. walnuts chopped
2 c. white sugar
½ c. cocoa
2 tsp. vanilla
1 c. crisco oil
¼ c. cold water

Put all ingredients in a bowl and beat at low speed until smooth. Do not beat too long. Turn batter into a well greased 9" x 13" x 2" pan and push batter into corners. Bake at 350°F for 30 minutes. No longer. They freeze well.

Margaret Bennett

CHOCOLATE MARSHMALLOW BROWNIES

2 squares unsweetened chocolate
½ c. butter or margarine
7/8 c. white sugar
2 eggs
½ c. all purpose flour
½ c. chopped walnuts
1 tsp. vanilla
Note: No baking powder or soda.

Icing

Melt in double boiler 2 squares unsweetened chocolate and 2 T. butter or margarine. Take off stove. Add 2 T. water (approx.), 1 beaten egg, 1 tsp. vanilla and 2 c. icing sugar.

Cream butter or margarine with sugar. Add eggs which have been slightly beaten. Add 2 squares chocolate which have been melted in double boiler. Mix in flour, walnuts, and vanilla. Turn into greased pan - approx. 9" x 13". Bake at 350°F for about 25 minutes. When taken from oven cover immediately with 24 cut up marshmallows and ice with above icing. Cut in squares when cool.

Grace A. Scott
(Mrs. J. M. Scott)

ARROWROOT CHOCOLATE SQUARES

½ c. butter
1 egg
1 large milk bar
½ c. white sugar
¾ Arrowroots

Icing

1 T. butter
milk
1 c. icing sugar
almond flavouring
1 small milk bar - chopped

Cream butter and sugar well, add egg. Roll arrowroots and add to creamed mixture. Then chop 1 large bar into small pieces and add. Pack into 8" x 8" pan. Ice and keep refrigerated.

Thelma Bode

CONFETTI SQUARES

½ c. butter
1 c. peanut butter
1 pkg. butterscotch chipits
3 c. miniature marshmallows
1 c. fine dessicated coconut

Melt butter, peanut butter and butterscotch chipits over low heat. Place marshmallows and coconut in a large bowl. Pour melted ingredients over them and stir lightly. Press into an 8" square pan and chill. Cut into squares to serve.

Grace Campbell
Vera Oliver

As long as you only hope or wish for something, it will remain forever in the future. You will always delay your good so long as you are just hoping. Act, and it will come; postpone it, and the heaven you could be enjoying right now will wait.

NAIOMI BARS

½ c. butter
¼ c. white sugar
5 T. dry cocoa
1 egg beaten
1 tsp. vanilla
2 c. graham crackers
1 c. coconut
1 c. walnuts
2 c. icing sugar
3½ T. vanilla instant pudding powder.
3 T. butter
3 T. milk

Top

1 T. butter
4 squares semi-sweet chocolate

Mix crumbs, coconut and walnuts in bowl. Melt butter in double boiler, stir in sugar, cocoa, egg and vanilla. Cook and stir for 3 min. or until custard-like. Pour over crumb mixture. Stir well and pat into a 9" x 9" x 2" pan. Mix icing sugar, pudding powder, butter and milk and spread over first ingredients. Let stand 20 min. to set. Melt butter and chocolate together and pour on top. Chill and cut.

Marion Gordon
Florence McGavin
Anne Henderson

GOLF BALLS

1 lb. marshmallows
½ c. cream
(cherries optional)
1 c. walnuts, chopped
1 c. dates, chopped
graham wafers

Cut marshmallows in small pieces and put cream on them. Let stand, stirring often for 10 min. (slightly softened). Add nuts, dates and cherries to marshmallows and cream mixture. Drop by tsp. on graham crackers rolled fine and roll in hands until they hold their shape.

Mary Doig

QUICK BREADS

MUFFINS

1 egg
1/2 c. cooking oil
1 1/4 c. all purpose flour
1/3 c. sugar
2 tsp. baking powder
1/2 tsp. salt

Beat egg with fork. Stir in milk and shortening. Sift dry ingredients. Pour liquid into well in centre of dry ingredients. Stir to dampen. Do not overmix. Spoon into greased muffin tins. Bake at 400°F for 22 minutes.

Variations:

Jam: Fill cups 1/3 full, add 1/2 tsp. jam or jelly. Add enough batter to make 2/3 full.

Fruit: to dry ingredients, add 1/3 c. raisins or chopped dates.

Blueberry: To dry ingredients, add 1/2 c. fresh or frozen unsweetened blueberries.

Spicy: Sift with the dry ingredients 1/2 tsp. cinnamon, 1/2 tsp. nutmeg and 1/4 tsp. cloves.

Graham: Replace flour with 3/4 c. all purpose flour and 1/2 c. graham or whole wheat flour.

Apple Coffee Cake: Follow recipe for muffins. Add to dry ingredients 1 c. finely chopped apple. Place in 8" x 8" pan. Blend until crumbly 2 T. flour, 1/4 c. sugar, 1 tsp. cinnamon and 1 T. butter. Sprinkle on batter and bake at 400°F for 25-30 min. Serve warm.

Jane, Anne, & Catharine Ribey

TEA BISCUITS (1ST PRIZE)

2 c. Robin Hood flour
1 tsp. salt
½ tsp. baking soda
2 tsp. baking powder
¼ c. crisco
1 c. buttermilk
1 T. sugar

Sift dry ingredients; cut in shortening; add buttermilk; mix quickly, knead a few seconds on lightly floured board. Pat out ½" thickness; cut with a cutter. Brush top with sweet milk. Bake at 450°F oven until lightly brown.

Helen Connell

TEA BISCUITS

2½ c. flour
1 tsp. salt
2 tsp. cream of tartar
3 T. shortening
1 egg beaten in cup & add sweet milk to make 1 c.

Sift dry ingredients; cut shortening; add milk and mix quickly. Knead a few secs. on lightly floured board. Bake in hot oven 450°F till lightly browned.

Evelyn Carter
Grace Addison

SCONES

2½ c. all purpose flour
1/3 c. white sugar
1 tsp. baking soda
1 tsp. baking powder
1 c. buttermilk
1 tsp. cream of tartar
pinch of salt
½ c. shortening
1 egg

Sift together dry ingredients - work in shortening. Break egg into cup keeping out portion to glaze the top. Fill c. with buttermilk. Mix and roll out. Brush on beaten egg - cut. Bake at 425-450°F.

Ida Close

OATMEAL SCONES

1¼ c. bread flour
½ tsp. baking powder
2 T. white sugar
½ c. shortening or cooking oil
3/4 c. sour milk
2½ tsp. baking powder
½ tsp. salt
2 c. coarse oatmeal
½ c. chopped dates or raisins
1 egg

Sift flour, baking powder, baking soda, salt and sugar into bowl - add oatmeal and fruit. Combine egg, milk and oil; add to dry ingredients. Roll to ¼" thickness on floured board. Cut in squares with a knife; butter top of scones and sprinkle with sugar and place on cookie sheet. Bake 450°F for 12 min.

Verle' Mahon

GERMAN BUNS

4 c. all purpose flour
1 tsp. salt
2 tsp. baking powder
1 tsp. soda

Sift above ingredients together and add 3/4 c. white sugar and ½ c. shortening and mix. Mix with enough milk to make a soft dough. Roll out thinner than for biscuits - spread with mixture of:

1 egg
1 c. brown sugar
½ c. flour
1 tsp. cinnamon

Roll like jelly roll and slice about 1" pieces and bake in hot oven.

Gloria Riley

FEATHER DUMPLINGS

2 c. sifted flour
1 tsp. salt
4 tsp. baking powder
¼ tsp. pepper
1 egg well beaten
3 T. melted butter
2/3 c. milk

Cont'd...

Feather Dumplings Cont'd...

Sift dry ingredients together and add egg, melted butter, and enough milk to make a moist stiff batter. Drop by tsp. into boiling liquid. Cover closely and cook for 18 min. (2 doz.)

Helen Thompson
Joyce Hugill

LEMON LOAF

½ c. crisco or butter
1 c. white sugar
2 eggs
½ c. milk
1½ c. cake flour
1 tsp. baking powder
½ tsp. salt
Rind of 1 lemon, grated fine

Glaze - ¼ c. white sugar, juice of 1 lemon.

One average loaf pan lined with waxed paper and greased. In mixer (small bowl unless doubled) cream crisco; gradually add sugar beating well. Add eggs one at a time. Sift flour, baking powder, and salt together, then add alternately with milk. Add lemon rind. Mix well. Bake for 1 hr. in 350°F oven. Glaze: Mix juice of 1 lemon with ¼ c. sugar - spoon slowly over loaf after it has cooled about 5 min. Let stand until a little cooler. Lift out and place on rack. Freezes well.

Mary Smith
Verna Stephenson

BANANA PINEAPPLE LOAF

½ c. shortening
3/4 c. white sugar
1 - 10 oz. can crushed pineapple, well drained
salt
1 egg
1 c. mashed bananas
1½ c. sifted all purpose flour
1 tsp. soda
1/3 tsp. baking powder
1 tsp. nutmeg
1 tsp. vanilla

Cont'd...

Banana Pineapple Loaf Cont'd...

Cream butter and sugar; add egg and beat well. Add drained pineapple and mashed bananas. Sift dry ingredients and add to first mixture. Mix well and add vanilla. Bake in loaf pan at 350°F for one hour.

Florence Carter

DATE & NUT LOAF

1 c. chopped dates
6 T. salad oil
1 tsp. soda
1 c. white sugar
½ c. walnuts
1 c. boiling water
1½ c. bread flour
¼ tsp. salt
1 egg

Pour boiling water over dates along with 1 tsp. soda and the 6 T. salad oil. Sift the flour in bowl plus salt, white sugar, egg & walnuts. Pour into greased loaf pan. Bake in 350°F oven for 1 hr. Do not take out of pan until cold.

Hilda Sellars

CARROT LOAF

1 c. white sugar
2 eggs, beaten
½ c. liquid shortening
1 tsp. soda
1 tsp. vanilla
1 c. grated carrot
1½ c. flour
½ tsp. salt

Beat sugar, eggs, & vanilla. Add grated carrot and liquid shortening; beat well. Add flour, salt and soda. Pour into well greased 8" x 4" pan. Bake at 350°F for 40-50 min.

Betty Bach

PUMPKIN BREAD

1½ c. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
½ c. raisins - if desired
3/4 c. cooking oil
1 c. white sugar
2 eggs
1 c. pumpkin

Cont'd...76

Pumpkin Bread Cont'd...

(Grated carrot, turnip, or applesauce may be used in place of pumpkin). Combine sugar, oil; add eggs one at a time. Beat well. Add dry ingredients and pumpkin. Pour into 9" x 5" x 3" loaf pan. Bake at 350°F for 55-60 min.

Helen MacKenzie
Elva Ellis

MINCE MEAT TEA BREAD

2¼ c. bread flour	½ c. white sugar
3 tsp. baking powder	½ tsp. salt
1 c. milk	¼ c. salad oil
1 egg	1 c. mince meat
¼ c. maraschino cherries	½ c. chopped nuts

Measure flour, sugar and all dry ingredients. Blend milk, oil, and eggs. Bake in 9" x 5" loaf pan at 350°F for 60-70 min. Wrap and leave stand overnight before slicing.

Joan Campbell

BAKE-SHOP DOUGHNUTS

3 eggs	1 c. sugar
1 c. sour cream 10 oz.	4 c. all purpose flour, sifted
2½ tsp. baking powder	1 tsp. soda
½ tsp. salt	½ tsp. nutmeg
½ tsp. cinnamon	cooking oil

Beat eggs well with electric mixer at high speed. Add sugar gradually, beating constantly. Stir in sour cream. Mix dry ingredients together; add to egg mixture all at once. Stir to blend. Chill 30 min. Roll out on floured board 3/8" thickness. Heat oil to 375°F. Cook 4 or 5 at a time. Drain on absorbent paper over newspaper. Makes 2 doz. Cook doughnut holes for nibblers.

Helen Thompson

REFRIGERATOR BRAN MUFFINS

3 c. white sugar
1 c. crisco oil
3 T. baking soda
1 tsp. salt
4 c. bran flakes
1 qt. buttermilk
4 eggs, beaten
5 c. all purpose flour
2 c. raisins
2 c. boiling water
2 c. all bran

Pour boiling water over All-Bran and let stand. Cream shortening and sugar. Add eggs and buttermilk and All-Bran. Sift flour, soda, and salt; add to above. Add bran flakes, folding in gently. Add raisins. Put in refrigerator at least 1 day before using. Bake at 375°F for 20-25 min. Batter keeps 6 wks. Do not stir before cooking.

Esther Brady, Joan Campbell
Elva Ellis

HONEY BRAN MUFFINS

¼ c. shortening
¼ c. brown sugar
¼ c. honey
¼ c. molasses
2 eggs
1 c. milk
1 c. all purpose flour
1½ tsp. baking powder
½ tsp. baking soda
3/4 tsp. salt
1½ c. Quaker Bran
½ c. raisins - if desired

Cream shortening and sugar together. Add molasses and eggs and beat together well. Add milk and then bran. Sift flour, baking powder, soda, and salt together. Add raisins if desired. Place in greased muffin tins. Bake at 350°F for 15-20 min. Makes 16-18 muffins.

Doreen Kelly

BANANA MUFFINS

7/8 c. white sugar
1 egg
¼ c. butter
1 c. mashed bananas
1½ c. flour
½ tsp. baking powder
3/4 tsp. baking soda
½ tsp. salt
1 tsp. vanilla

Cont'd...

Banana Muffins Cont'd...

Cream butter, sugar; add eggs and mashed bananas, then dry ingredients. Bake at 375°F for 20 min.

Evelyn Carter, Amelia Hudson
Marian Hulley, Roberta Howatt
Irene Whitmore

APPLE MUFFINS

These are good with a breakfast egg or as an addition to a salad plate.

2 c. biscuit mix
1 tsp. cinnamon
¼ c. milk
2 T. corn oil
¼ c. sugar mixed with a pinch of cinnamon
¼ c. sugar
½ c. applesauce
1 egg, slightly beaten
2 T. melted butter

Combine biscuit mix with sugar and cinnamon. Add applesauce, milk, egg and oil. Beat hard for 30 sec. Fill greased 2" muffin pans or cups 2/3 full and bake at 400°F for 12 min. or until done. Let muffins cool a few min; then remove and dip tops in melted butter, then into sugar mixture. Makes 2 doz.

Pearl Williams
Annette Sinclair

BLUEBERRY MUFFINS

2 c. all purpose flour, sifted
3 tsp. baking powder
1 tsp. salt
¼ c. sugar
1 egg
1 c. milk
¼ c. melted shortening
1 c. blueberries

Sift together flour, baking powder, salt, and sugar. Beat egg and add milk, shortening and blueberries. Stir into flour mixture, mixing only until flour is moistened. Fill greased muffin tins 2/3 full. Sprinkle with sugar. Bake at 425°F for 15-20 min.

Janet Baker

PINEAPPLE & CARROT MUFFINS

2/3 c. oil
1 c. brown sugar
2 eggs
1 tsp. salt
½ tsp. cinnamon
1 c. grated carrots
1 tsp. baking powder
1 c. flour
½ c. Bran
½ c. crushed pineapple, drained
1 tsp. soda

Cream oil and sugar together. Add remaining ingredients and mix well. Fill muffin tins 3/4 full. Can also be baked as a loaf in a greased loaf pan. Bake at 375°F until brown.

Pat Bennett, Dorothy MacLennan
Betty Hulley

SOURDOUGH OR "MONSTER" STARTER

In a large bowl mix two cups all-purpose flour, two tablespoons sugar, one teaspoon salt, two cups warm water. Let stand covered at room temperature two days. This becomes a spongy mass and develops a yeasty aroma. Refrigerate covered.

Feed at least once a week by stirring in one cup flour, one cup milk, one-quarter cup sugar to keep it alive. Be prepared to use it often or if you are tired of it for a while cover and freeze then thaw and feed.

Cheese Biscuits
(Makes 14)

1 c. Monster
4 T. oil
2½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 c. flour
½ c. Parmesan cheese

Mix all ingredients. Pat out on floured board and cut out with 2" cutter. Bake 425°F for 8-10 min. on ungreased pan.

Unit V U.C.W.

NUTRITIONAL SNACK FOODS

GRANOLA

Preheat oven to 350°
Melt in large roasting pan:

¼ c. oil
¼ lb. margarine
¼ tsp. salt
1T. molasses
1 tsp. vanilla
½ c. brown sugar
½ c. honey

When mixed, let cool slightly and add the following:

1 lb. rolled oats
¼ c. sesame seeds
½ c. cocoanut
½ c. chopped nuts
1 c. grape nuts
½ c. wheat germ
½ c. sunflower seeds

Stir thoroughly, bake in shallow pans for 20-25 mins. stirring every 5 to 7 mins. After Granola has cooled, add ½ c. raisins. Makes 2½ quarts.

- Dorothy Townsend

YOGURT SPECIALTIES

YOGURT PARFAIT

Prepare a 3 3/4 oz. pkg. of any fruit flavoured gelatin and layer it in a glass with matching or contrasting flavoured yogurt. Try peach gelatin with raspberry yogurt, strawberry with vanilla, orange with apricot etc.

WINTER AMBROSIA

Drizzle pineapple, orange and banana chunks with honey and layer with plain yogurt and toasted sunflower seeds.

HEALTH BREAKFAST

Top sliced bananas with prune yogurt and granola.

- Shirley Snell

NUTS AND BOLTS

1 large box cheerios
1 large box shreddies or chex
1 box thin pretzels
1 lb. peanuts or mixed nuts
1 c. cooking oil
2 T. Worcestershire sauce
1 tsp. garlic salt
1 tsp. onion salt

Put cereals, pretzels, peanuts into a large roast pan. Combine melted margarine or butter, cooking oil, salt and worcestershire sauce; pour over cereal. Bake in 250°F oven for 3-4 hrs. Stir often.

Dorothy Townsend
Marion Gordon

WHOLE WHEAT PANCAKES

2 c. whole wheat flour (regular sifted)
3 tsp. baking powder
1 tsp. salt
3 eggs, separated
1 T. Maple syrup, honey or brown sugar
2 c. milk
1/3 c. safflower oil

Mix together the dry ingredients. Mix together the egg yolks, syrup or honey, milk and oil, and add to dry ingredients. Stir just to mix. Beat egg whites until stiff but not dry and fold into pancake mixture. Drop batter on hot, oiled griddle and cook over medium heat until bubbles break on upper surface. Turn and cook to brown the bottom. Serve with syrup. Note: For extra flavour, add 2/3 c. fresh drained frozen blueberries to batter just before egg whites. (Makes 6-8 large, light and fluffy - old fashioned flavoured pancakes).

Helen Thompson
Shirley Snell

PIZZA

Dough	Topping
1 c. lukewarm water	12-14 oz. Tomato sauce
1 T. sugar	1 tsp. Oregano
1 pkg. yeast	8 strips bacon (cooked)
1 tsp. salt	1 can Mushrooms
¼ c. cooking oil	6-8 oz. can Pepperoni
2 3/4 c. sifted all purpose flour	3 T. diced green pepper
	1½ lbs. mozzarella cheese (grated)

Add sugar to water and sprinkle yeast over top. Stir once and let soak for 10 min. Add salt, oil, and all but ¼ c. flour. Mix and turn out on floured board and knead for 100 times. Return to greased bowl and let rise covered until doubled. Punch down with floured hands and divide into 2 balls. Let rise a bit. Roll out to size of pan (14") and place on pan, followed by half of tomato sauce, cheese, bacon (cut up) and mushrooms, sliced pepperoni, green pepper and oregano. Bake 400°F for 25-30 min. May be frozen and cooked later.

June Ball

OLD-FASHIONED TOMATO SOUP

Economize and add extra nutrients too. Use skim milk powder reconstituted with that vegetable water you've been saving!

1 can tomatoes (19 oz.)	salt & pepper to taste
pinch baking soda	6 crushed soda crackers
4 c. milk	

In saucepan heat tomatoes, breaking up if desired. Add baking soda. In a separate saucepan, heat milk. Slowly add hot tomato mixture to hot milk and thoroughly mix. Season with salt and pepper to taste. Just before serving add crushed crackers. Top with a thin slice of onion and a dab of sour cream. Note: If using fresh tomatoes (2½ c.) and remove skins.

Muriel Miller

WILD LEEK AND POTATO SOUP

2 qts. chicken stock
4 c. peeled and coarsely chopped potatoes
3 c. sliced wild leeks (found in almost every bush in early spring)
1 tsp. salt
½ tsp. pepper
1 c. heavy cream
3 T. chives finely chopped

Chicken stock may be made by simmering left over chicken bones, skin, dressing and giblets in water along with a carrot, onion and 2 T. rice for 3 hrs. and then straining. Bring chicken stock to a boil. Add the potatoes, leeks, salt and pepper. Simmer for 30 min. Take the kettle off the heat and stir in the cream. Simmer for another 15 min. but do not let the soup come to a boil. Sprinkle a little chives on top of each serving. Serves 6 generously.

Anne Underwood

FRENCH ONION SOUP

2 c. thinly sliced onions
2¼ T. butter
6 bouillon cubes dissolved in 4 c. water
1 tsp. Worcestershire sauce
toast cubes, toast or bread
grated Cheddar cheese or Parmesan cheese

Cook onions in butter till light brown. Add onions to beef broth and Worcestershire sauce. Bring to a boil. Season with salt and pepper. Put a slice of toast in bottom of soup dish. Pour broth over toast. Add T. grated cheese to each dish of soup and shake a little Parmesan cheese on top. Bake at 350°F in oven until cheese is melted (8-10 min.).

Doris Hugill

COUNTRY BEAN SOUP

Take the chill out of autumn with this substantial creamy soup.

Cont'd...

Country Bean Soup Cont'd...

1 c. white beans
4 c. water
¼ c. diced onion
½ c. diced celery
1 Ham bone
1 bay leaf
3/4 tsp. salt
dash of pepper
½ c. cooked ham, cubed
1½ c. scalded milk

Wash beans - add water and boil 2 mins. Remove from heat and let stand to soak one hour. Add onion, celery, ham bone, bay leaf, salt and pepper. Simmer 2 hrs. Remove bone and bay leaf. Blend or sieve mixture. Add ham cubes and milk. Heat to serve (4 servings). Sprinkle with chopped parsley or shredded carrots.

Joyce Hugill

CHAMPION CHOWDER

An inexpensive mild flavoured fish soup with a hint of fine seasoning.

3 onions, finely chopped
3 potatoes, pared & cubed
2 c. water
3 c. milk
¼ c. butter
1 7 oz. tin chicken haddie
1/8 tsp. dill weed
1/8 tsp. rosemary (crushed)
1/8 tsp. thyme
½ tsp. salt
1/8 tsp. pepper

In a large heavy saucepan cook onions and potatoes in water until tender (crisp) - 10 min. Add milk, butter and chicken haddie. Season with dill weed, rosemary, thyme, salt and pepper. Heat thoroughly but do not boil. Adjust seasonings to taste. Serve immediately (6-8 servings). Note: If using skim milk powder, use cooking water from vegetables to reconstitute powder.

Shirley Snell

HOT CHEESE N' CRAB DIP

1 - 6½ or 7½ oz. can crab meat
1 - 10 oz. stick sharp natural cheedar cheese
18 oz. pkg. sliced sharp process cheese
½ c. sauterne

Cont'd...

Hot Cheese N' Crab Dip Cont'd...

Reserving a few pieces of garnish, shred crab meat. Cut cheese in small pieces; combine in a saucepan with the butter and sauterne. Stir over low heat till cheeses melt. Stir in the shredded crab meat and continue cooking to heat through. Pour into chafing dish; garnish with reserved crab meat pieces. Serve with shredded wheat wafers, or chunks of crusty bread and use fondue forks. Makes 3 cups.

Joan Campbell

PARTY CHEESE LOG

2 c. grated old cheese
1 - 4 oz. pkg. Pimento Cream Cheese
¼ c. blue cheese
¼ tsp. onion salt
1/3 c. mayonnaise
½ tsp. Worcestershire sauce
½ tsp. chili powder

Cream cheeses well. Blend in remaining ingredients. Shape into roll. Chill until firm. Roll in nuts. Refrigerate overnight. Set out at room temperature ½ hr. before serving.

Jane Rimmer

GOURMET CHEESE BALL

2 - 8 oz. pkgs. Philadelphia Cream Cheese
1 - 8½ oz. can crushed pineapple well drained
¼ c. each of green pepper & finely chopped onion
1 tsp. seasoned salt
1/3 c. pecans

Prepare ingredients. Mix and chill. Form into 2 balls and roll in chopped nuts. Can be refrigerated for several weeks.

Jane Vincent

MR. BRITTON'S BUTTERNUT CRUNCH

1 lb. butter
1/2 c. boiling water
2 c. white sugar
2 c. toasted mixed salted nuts
1 tsp. soda
8 oz. pkg. semi-sweet chocolate
2-6 oz. pkgs. butterscotch chipits
1/2 c. nuts, sliced thin

Melt butter in heavy pan; let bubble up; remove from heat. Add ½ c. boiling water. Return to heat; bring to boil and add sugar. Cook over medium heat stirring constantly 'till it reaches 280°. Add 2 c. nuts, continuing stirring constantly until thermometer registers 300°. Remove from heat; add tsp. soda; stir. Pour into buttered pan at once; when cool, remove from pan (approx. 15 min.) Melt chocolate and butterscotch over hot water till barely melted. Spread on candy. Sprinkle with sliced nuts. (Delicious) Refrigerate to keep chocolate firm.

- Ruth Ribey

GEORGIA PEANUT BRITTLE

Combine 2 c. sugar, 1 c. corn syrup and ½ c. water in 3 qt. saucepan. Bring to boil and add 1 c. butter or margarine.

Stir frequently until mixture reaches 230° on a candy thermometer.

Add 2 c. raw peanuts and continue stirring until temperature reaches 305° F.

Remove from heat and quickly stir in 1 tsp. baking soda. Mix well and pour mixture onto two greased cookie sheets.

As brittle cools, stretch it out thin by lifting and pulling from edges, using two forks. Turn brittle over and break into bite-size pieces.

Store peanut brittle in air-tight container in cool dry place. Makes 2½ lbs.

- Helen Scott

AFTER DINNER MINTS

1 egg white
½ lb. icing sugar
1 drop peppermint flavouring
Few drops food colouring

Caution - use flavouring and colouring sparingly for delicacy.

Beat 1 egg white stiff. Add a few drops of colouring, either pink, green or yellow; 1 drop of peppermint flavouring, and enough icing sugar to make stiff. Sprinkle some icing sugar on board and roll some of mixture (small amount at a time) into a pencil-shaped roll. Cut with scissors and let dry on waxed paper.

Shirley Snell

DIVINITY CANDY

2½ c. white sugar
½ c. corn syrup
½ c. water
2 egg whites

Boil sugar, syrup, and water until it forms a soft ball when dropped in water. Pour ¼ c. of this over the beaten egg whites; mix. Let the rest boil until it hardens in cold water. Then pour it over the mixture of beaten whites. Beat until it creams; add nuts. Put in a buttered pan to cool. Cut in small squares.

Janet Dalton

PEANUT MALLOW CANDY

1 - 12 oz. bag of semi-sweet Chocolate Chips
3/4 c. peanut butter
3 c. miniature coloured mallows

Melt chocolate and peanut butter in double boiler over hot (not boiling) water and stiff until blended. Cool mixture slightly; fold in mallows. Press into greased 8" sq. pan. Chill until firm. Cut in squares.

Gertrude Ennis

EASY CHOCOLATE FUDGE

1 - 4 serving size Jello Chocolate Pudding & Pie Filling
2 T. butter
¼ c. milk
2 c. sifted icing sugar
¼ c. chopped nuts

Combine pudding and pie filling, butter and milk in a saucepan. Bring to a boil over medium heat, stirring constantly. Remove from heat; quickly stir in sugar. Add nuts. Pour into buttered 8" x 4" loaf pan; chill, then cut in pieces. Store covered in refrigerator. Let stand at room temperature 10 min. before serving. Makes 18 large pieces.

Heidi Savauge

HOME MADE CHOCOLATES

3 lb. icing sugar
3 T. butter
6 sq. unsweetened chocolate
1 can Eagle Brand Milk
6 T. corn syrup
½ cake paraffin wax

Add different flavourings and colours.

Combine icing sugar, Eagle Brand milk, corn syrup, and butter; chill 2 hrs. Form in balls. Melt ½ cake of paraffin wax and 6 sq. of unsweetened chocolate. Take a toothpick and dip balls in chocolate and wax mixture and drop on greased paper. Keep cool.

Grace Addison

CANDIED APPLES

2 c. white sugar
½ c. corn syrup
red food colouring
¼ c. water
apples
vanilla

Wash apples. Boil sugar, corn syrup and water together until it threads. Add red food colouring. Add a little vanilla after you remove it from the heat. Dip the apples into the syrup being sure they are completely coated. Set on waxed paper to harden.

Debbie Campbell

BREAD AND BUTTER PICKLES

4 qts. sliced unpeeled cucumbers
6 med. onions, sliced thin
1/3 c. coarse pickling salt
2 T. mustard seed
5 c. white sugar
3 c. white vinegar
1½ tsp. Tumeric
1½ tsp. celery seed

Wash cucumbers & slice thinly; also slice onions thinly. Layer vegetables in crock sprinkling combined salts between them. Mix tray of ice cubes through mixture. Let stand 3 hrs. Drain well. Divide into 2 batches. Combine remaining ingredients & pour over pickles. Heat ONLY to boiling point. Seal in sterilized jars. Wait one month to use. Makes 8 pints.

Mary Dalrymple

PICKLED BEANS

Cook whole beans, yellow or green, until just tender. (Do not over cook). Pack in sterile jars. Add boiling syrup.

Syrup for 3 pints.
1½ c. water
1½ c. vinegar
1 dessertspoon pickling salt
1 c. white sugar

For Dilly Beans add to each pint jar:
1 head dill
1 clove garlic
½ tsp. red pepper

Kim Campbell

RHUBARB JAM

7 c. rhubarb
1 - 20 oz. can pineapple tidbit chunks
7 c. sugar
1 strawberry jello

Boil the above rhubarb, sugar, & pineapple 20 min. Add strawberry jello. Stir until dissolved and seal. 9 jars.

Laura Stewart

CAMPBELL'S TOMATO SOUP

6 qt. basket ripe tomatoes 1 medium bunch celery
4 onions

Wash the tomatoes and celery and cut in chunks. Peel onions and cut in large pieces. Place in a large kettle boil together. Put through sieve to remove skins and seeds. To the juice add 2 T. salt, ½ c. granulated sugar, ¼ tsp. pepper. Mix ½ c. very soft butter and ½ c. flour together. Add a little juice to make a smooth paste. Slowly add the flour mixture to the juice. Boil until soup thickens. Bottle and seal.

Grace, Joan, Verna, Peggy Campbell

TOMATO KETCHUP

6 qt. basket tomatoes
1 med. onion, chopped
¼ tsp. cayenne
1 c. white sugar
1 c. white vinegar
1½ tsp. whole cloves
1½" stick cinnamon, broken
1 tsp. celery seed
4 tsp. salt

Wash, peel, remove stem ends and cores, and quarter tomatoes. Let tomatoes stand in colander to drain off excess liquid. In 8-10 qt. kettle mix tomatoes, onion, and cayenne. Bring to boiling; cook until tomatoes are soft, about 15 min., stirring occasionally. Put tomatoes through coarse sieve; press to extract juice. Add sugar to tomato juice and return to kettle. Bring to a boil, then simmer briskly 1½ to 2 hrs. or until mixture is reduced by half (measure depth with ruler at start and end). Meanwhile, in small saucepan combine white vinegar, whole cloves, stick cinnamon, and celery seed. Cover; bring vinegar mixture to boiling. Remove from heat; let stand. Strain spiced vinegar mixture into tomato juice. Discard the spices. Add salt to mixture; simmer until of desired consistency, about 30 min. Stir often to prevent sticking. Pour hot ketchup into hot jars. Put in boiling water bath 5 min. Makes 2 pints.

Christine Tremeer

CHILI SAUCE

11 qt. basket ripe tomatoes
4 green sweet peppers
2 red hot peppers
4 lbs. onions
1 bunch celery
*2or 3 drops Oil of Pickle (drug store)
6 c. white sugar
2 c. white wine vinegar
3 T. salt
1 tsp. black pepper
**4 T. corn starch

Combine ingredients and boil for one-half hour. *Add the Oil of Pickle just before removing the chili sauce from the stove. The Oil of Pickle takes the place of allspice. ** Corn starch lessens the boiling period.

Donalda Adams
Janet Dalton

SWEET & SOUR BEETS

6 c. chopped beets
2 c. vinegar
1 box Certo
6 c. white sugar
1 tsp. salt

Cook beets; put through chopper. Add all ingredients except Certo. Cook 20 min. Add Certo; cook another 5 min. Pour into sterilized jars. Seal well.

Ruby Dolmage

HOT DOG RELISH

8 large cucumbers
6 large onions
2 red sweet peppers
1 small bunch celery
18 green tomatoes
2 green sweet peppers
1 red hot pepper
½ c. salt

Grind cucumbers, tomatoes, onions, peppers and celery (small cutter). Let stand in salt over night; drain thoroughly next morning. Almost cover with white wine vinegar (7 c. vinegar). Bring to a boil and simmer for 20 min. (slow boil). Add 7 c. white sugar; 1 tsp. tumeric. Boil 10 min. and seal in jars. Yields 8-10 small jars.

Florence Carter

ICICLE PICKLES

2 - 6 qt. baskets cucumbers
Boiling water
Syrup:
15 c. white sugar
2 c. pickling salt
2 gal. size crock
2 qt. white vinegar
½ c. mixed pickling spice

Wash cucumbers (do not peel). Cut lengthwise (cut seeds out if nec.). Pour on 2 c. pickling salt and enough boiling water to cover. Leave in this for 1 wk., stirring every day. Pour this off at the end of the wk. and cover with clear boiling water (wash pickles in cold water first). Next day; pour this off. Put a large T. of alum over pickles, add green food colouring and cover with boiling water. Next day; pour this off. Make syrup of 2 qt. white vinegar, 15 c. white sugar. Tie ½ c. mixed pickling spice in bag. Bring to rolling boil. Pour over pickles in crock. Reheat syrup for 3 days and pour over pickles. On third day reheat. Put pickles in jars and pour hot syrup over and seal. Makes approximately 7 qts.

Joan Chesney

SWEET DILLS

4½ qt. dill size cucumbers
2 large onions
8 heads of dill
6 c. white sugar
4 c. white sugar
½ c. pickling salt
1½ tsp. celery seed
1½ tsp. mustard seed

Slice cucumbers and onions. Put 1 head of dill, 2 thin slices of onion into each hot sterilized jar. Fill jar with cucumber slices. Shake jar to pack. Make syrup: combine vinegar, sugar, salt, celery seed and mustard seed. Heat to boiling. Pour over cucumber slices. Add 1 head of dill and 1 slice of onion at top of jar. Seal at once. Place sealed jars in canner. Pour hot tap water to almost cover jars. Allow to sit in water until cooled. Makes about 4 qts.

Sarah Elliott

GRAPE JELLY

1 - 40 oz. bottle Welch's Grape Juice
1½ bottles Certo
1 c. water
5 lb. white sugar less 1 c.

Put grape juice, water, sugar in kettle. Stir until sugar is dissolved. Bring to full rolling boil for 3-5 min. Remove from stove, add certo, stirring well. Put in jars.

Ethel Dennis

PEACH MARMALADE

24 peaches, peeled and sliced
11 c. white sugar
5 oranges

Put the orange peel through the chopper and cook it by itself in as small amount of water as possible. Put pulp of orange through chopper too, then add both pulp and peel to peaches. Add 11 c. white sugar and let stand over night and boil 1 hr. or until thick. Keep stirring to prevent scorching.

Dell Dennis

FRUIT COCKTAIL

½ basket (6 qt.) peaches
½ basket (6 qt.) pears
1 - 20 oz. can Pineapple tidbits
2 cans Mandarin oranges
6 c. white sugar
Optional - 1 melon
- white grapes
1 - 16 oz. jar grapefruit sections (or 2 grapefruit)
1 - 8 oz. jar maraschino cherries
4 c. water

Cut peaches and pears into bite size pieces. Make syrup by bringing sugar and water to a boil. Add diced fruit and bring to a boil. Now add the oranges and cherries and let all come to the boil and quickly put into sterilized jars and seal. Makes 11-12 jars of fruit.

Jessie Hillen
Joan Stewart

PUNCHES
(Served at church wedding receptions)

100 people

2 lg. frozen orange juice & water
3 lg. frozen grape juice
1 qt. tea (optional)
3 lg. grapefruit pop (wink)
2 lemonade (no water)
3 c. water
2 lg. gingerale
1 soda water

110 people

3 tins 12 oz. frozen orange juice
14 c. water
1 tin 6 oz. lemonade
3 lg. grapefruit pop (wink)
3 tins 48 oz. pineapple juice
2½ c. sugar
1 2/3 c. lemon juice
1 lg. sparkling or soda water

Marion Gordon

LEMON SYRUP

4 lemons
3½ c. sugar
1 oz. citric acid
4 c. boiling water

Combine juice, grated rind and the 'empty' skins of the lemons with the citric acid and sugar. Add boiling water. Let stand overnight and strain. Refrigerate. Use about ¼ c. of syrup per glass of lemonade.

Jane Rimmer

LEMON-ORANGE DRINK

9 c. white sugar
3 pints boiling water
2 oz. citric acid
1 oz. tartaric acid
½ oz. Epsom Salts
3 lemons & 3 oranges (juice & rind)

Mix ingredients together. Let stand overnight. Strain and bottle. Use 2 T. to a glass of water.

Ruth Papple

ICED TEA

Put 2 qts. cold water in sauce pan. Bring to full rolling boil; remove from heat. Add 5 T. loose tea or 15 tea bags. Brew no less than 3 min. or no more than 5 (overbrewing causes bitterness). Stir, strain into pitcher. Serve with bowl of ice cubes, sugar, lemon and lime slices (8 servings).

For 4 servings, use 6 tsp. loose tea or 6 tea bags and 4 c. boiling water.

Don't refrigerate hot brewed tea. Refrigeration may cause it to cloud. Cloudy tea may be cleared by adding a little more boiling water.

Helen Thompson

HOT MULLED CIDER

½ c. brown sugar
¼ tsp. salt
8 c. apple cider (or juice)
1 tsp. whole allspice
1 tsp. whole cloves
3" stick cinnamon

Combine brown sugar, salt and cider in a large saucepan. Add spices tied in a small piece of cheese cloth. Simmer covered for 20 min. Remove spice bag. Serve hot with a twist of lemon peel. (20 servings)

Shirley Snell

CHOCOLATE SYRUP

1 c. cocoa
1½ c. water
1½ c. sugar
½ tsp. salt

Stir and simmer for 5 min. Keep in a sealed container in refrigerator. Serve hot or cold. 1 T. per cup or glass (1 pint).

Mary Thompson

MISCELLANEOUS (to follow)

SILVER CLEANER

1 tsp. baking soda
1 qt. boiling water
1 tsp. salt

Boil 5 min. in an aluminum dish and then rinse in clear warm water and dry. I always double the amount for deeper liquid covers silver better.

Helen Scott

GLASS CLEANER
(windows & cut glass)

½ c. liquid ammonia
1 qt. hot water
1/8 c. vinegar

Combine ingredients. Good for cleaning windows and glassware.

Loa Reuber

**

FLY-AWAY WINDOWS

Don't throw away left-over tea. Strain into bottles, add 1 T. glycerine per pint. This will clean windows and also keeps flies off glass

**

WALL-PAPER REMOVER

Put 1 heaping T. saltpetre into 1 gallon hot water to take off wall-paper.

** Ideas from - Coronation Cookbook, Duff's United Church McKillop (1953)

PLANT FOOD

1 tsp. baking powder
1 tsp. epsom salts
1 tsp. saltpetre
½ tsp. household ammonia powder

Mix in 1 gallon of tepid water. Water from the bottom of the plant only, once a month. Water in the usual way in between treatments.

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Plant Food Cont'd...

Plants will double in volume and beauty with once a month treatment. Lazy African Violets or slow growing cacti thrive on it.

Shirley Snell

DRYING FLOWERS IN SILICA-GEL

A container with air tight lid - a tin box is fine.

Silica gel — Fresh flowers free from dew drops or rain.

Put about 1" of silica gel in bottom of container. Remove all leaves and cut stem to about 5" long. Place flowers carefully on top of silica gel making sure that the petals are not folded or crushed. Spoon the silica gel carefully over and under petals. Cover completely with the silica gel and place the lid down firmly. Let stand about 3 days. Check by brushing silica gel gently from the flower. When flowers feel crisp, take them out very carefully and hang them upside down for 24 hours.

Note: Pinks, blues, and yellows hold colour best - reds don't remain true colour.

Loa Reuber

MUSTARD PLASTER

1 T. mustard — 3 T. flour
1 T. baking soda

Mix with water to make a paste. Spread between cloth. Put on chest for 20-30 min.

1 T. mustard — 1 T. ginger
1 T. baking soda — 3 T. flour
(very mild - for infant or child)

Mix together and wet with an egg white. Spread between cloth. Can be left on 20-30 min.

Marion Gordon

PAPER YULE LOGS

2 lbs. coarse salt
2 gal. boiling water
2 lbs. copper sulphate
Old newspapers

Separate the pages of the newspaper and use a dozen or more double pages to make a roll at least 2" in diameter, rolled loosely but firmly. Tie each log with string at both ends. Use a small plastic pail and mix the salt and copper sulphate in the water. Let the logs soak in the solution for at least a week, turning them end for end a number of times so they are evenly soaked. Place the logs in a warm well ventilated place to dry. The logs should burn evenly with a blue-green flame. For brighter colour add 1 oz. borax (vivid green flame) or 1 oz. strontium nitrate (red flame) or calcium chloride (orange flame) to the soaking solution.

Betty Beuttenmiller

DANCING SNOW BALLS

1 T. citric acid
mothballs
2 T. baking soda

Fill a large glass container half full with water. Add colour, citric acid, soda and stir until dissolved, put in 15-20 mothballs. (Add soda as needed).

Marion & Vicki Gordon

DOLL'S CAKE

1 doll's c. sugar
1 doll's tsp. butter
1 tsp. egg (or 1 bird's egg)
1 doll's tsp. vanilla
1 doll's c. milk
2 doll's c. flour
2 doll's tsp. baking powder

Cream sugar and butter. Add egg and mix. Pour in vanilla and milk and sift in dry ingredients. Bake until done in doll's cake tin, greased or tart tin and serve at a tea party. (For little girls who want to bake a cake for dolly!)

Kim & Krista Snell

PLAY-DOUGH

2 c. flour
2 T. alum
1½ c. water
½ c. salt
1 T. oil
food colouring

Mix flour and alum. Heat remaining ingredients to boiling and add to flour. Knead until smooth. Store in air-tight container.

Kim & Krista Snell

SCENTED CANDLES

1. Melt paraffin (canning type) in a double boiler. 2½ lbs. makes a candle the size of a quart milk carton.
2. Colour wax by adding an ordinary wax crayon to wax in double boiler. One crayon gives colour to 2½ lbs. of wax.
3. While wax melts, prepare molds. There are no limits to objects for this purpose; any size or shape will do. Unless mold is metal or waxed cardboard, grease it to keep wax from sticking.
4. To make wicks, start the day before you make the candles. Soak a length of butcher cord in a solution of 1 T. of salt and 2 T. of borax dissolved in a cup of water. After strings soak overnight, hang up to dry. When dry, dip it in melted wax to stiffen for use.
5. When wax is melted and desired colour is attained, add a small amount of oil base perfume to the wax as well as dipping the wick into the scent before placing it in the mold. The perfume must be oil based for any with alcohol or water will not mix with the wax. Pine, bayberry or geranium are nice scents.
6. Suspend wick by pencil, or small metal bar from the top of the mold making sure wick is centred. Very carefully ladle or pour melted wax into container.
7. To remove cardboard mold, tear it off. To remove metal mold, chill it, tap sharply.

Loa Reuber

Northside

1877 - 1977

-- Centennial Cookbook --

1877 - 1977

NORTHSIDE UNITED CHURCH

Seaforth, Ontario

Acknowledgement . . .

To all who contributed in any way to the success of this cookbook, we say a sincere "Thank You".